



Dear Competitor

Northern Athletics Cross Country Championships 2026
Pontefract Park, WF8 4QD

We are delighted to return to this venue, which has been used regularly over the last decade and reflects our commitment to spread our championship events around the Northern area where possible.

Travel:

The M62 motorway passes the northern end of the course. Take junction 32 and follow signs for the racecourse towards Pontefract town centre on the A639. At the roundabout, take the 4th exit to the racecourse/Pontefract Park.

If traveling by train, Pontefract Tanshelf station is a short walk to the racecourse/park.

Parking:

Please note that there is no designated parking areas which are large enough to hold the number of vehicles we are expecting at the venue.

There is extensive parking available at the J32 retail area. This can be accessed by taking junction 32 and following signs for Xscape. Take the first exit into the retail park.

The path to the racecourse starts in the car park of B&Q and takes around 30-40 minutes to get to the club tent area. There is also a pedestrian path on the A639 road to Pontefract.

Please be considerate when parking and do not block any drive or house access. We ask that you park with consideration for residents.

We are not allowed to use the car parks at Aspire Sports Centre.

Only buses and mini-buses with permits will be allowed to park in the designated area.

Registration:

Registration and athlete information is located in the marquee as shown on the plan. This is about 50 meters from the club tent area and numbers can be collected from 9.30am.

Numbers are not transferrable to other athletes.

Four pins are required to pin your number to the front of your vest. Your number, when worn, must not be cut or folded in any way. No number at the finish may result in no place being recorded.

Only club, county, area or national vests may be worn.

Course:

The course is a mixture of rough grassland and short good quality parkland turf. All the course laps feature the same level start, followed by a fast gradual descent on good quality grassland. The return to the finish area is a gradual uphill slope with some rougher grassland areas. The venue should provide an excellent cross country course.

The start area is also firm and dry as is most of the course but there are some areas which are muddy, due to the amount of rain that fell over the Christmas and New year period.

Please avoid crossing the finish in order to get access to the start area. There is a designated crossing point marked with an X on the course map. An alternative route which avoids crossing the course is via the area outside the exit point of the finish enclosure.

The club tent area is on higher ground and is firm and dry. All club tents must be pitched in the area as shown on the map.

Spectator information:

No one is allowed access onto the racecourse or to use the event course for warming up. The course must be kept clear at all times during the day, including the red area marked "No Access" on the course map.

Catering and refreshments are available on site from third party vendors (shown on the map).

Dogs are allowed onto the event site, but must be kept under control on a short lead at all times. They must be kept away from any grazing animals or wildlife. Owners should also collect any dog poo in disposal bags and place in the waste bins provided.

Please ensure that all rubbish is placed in the bins provided.

Any lost child should find an event marshal (who will be wearing Hi Viz Event Marshal bibs), or report to the Announcers cabin or Registration marquee.

As with all public parks, there are other park users, and athletes and spectators are asked to respect their right to use the area. A model plane flying club use the area inside the course lap (shown on the course map) and there are football pitches to the north of the finish area. Spectators and athletes are asked to keep off both these areas. The park is also a popular exercise area for walkers, joggers, dogs & owners.

Award Presentation:

Award presentations will take place near the finish area, as soon as possible after each event is completed and results obtained, checked and verified.

Results:

Results will be available from link to be published on the event page of the Northern Athletics website in the days preceding the event:

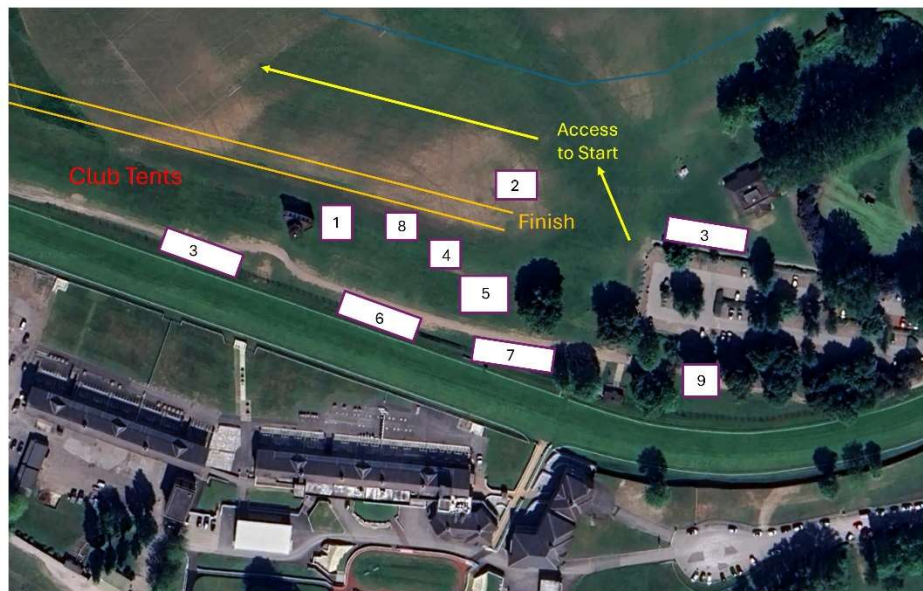
<https://www.northernathletics.co.uk/events/northern-cross-country-championships-2026/>

Steve Gaines, Arwel Williams & Claire Hebdige
Northern Athletics Cross Country Board

Northern Cross Country Championships 2026 Site Layout



- 1 – PA System
- 2 – Presentation
- 3 – Toilets
- 4 – First Aid
- 5 – Registration
- 6 – Refreshments
- 7 – Start Fitness
- 8 – Results
- 9 – Rubbish Skip



Northern Athletics XC Champs
24th January 2026

Lap Descriptions
 Short Lap Start - A-B-D-G-H
 Short Medium lap Start-A-B-C-D-G-H
 Long Medium lap Start-A-B-C-E-G-H
 Long Lap Start-A-B-C-E-F-G-H



Race times, laps and distances

11:00 U17 Women	
1 short Med. 1 long Med.	4.91Km
11:25 U20 Women	
2 Long Medium	5.70Km
11:55 U17 Men	
2 Long Medium	5.70Km
12:25 U13 Girls 2 short	3.08Km
12:40 U13 Boys 2 short	3.08Km
12:55 U15 Girls	
2 short medium	4.12Km
13:20 U15 Boys	
2 short medium	4.12Km
13:40 U20 Men 2 long	8.22Km
14:10 Senior Women	
2 long	8.22Km
15:05 Senior Men	
3 long	12.30Km