



19 January 2016

Dear Team Manager

***Northern Athletics Cross Country Championships 2016***

Thank you for your club's entry to the above Championships which will take place on Saturday 30<sup>th</sup> January 2016

*Parking*

Pleasington Playing Fields  
Tower Road  
BB2 5 LE

*Changing facilities*

The Astro-Turf Changing Rooms with Showers and Toilets accessed off Preston Old Road and is the turning into Witton Park just before the Main Entrance on the left.

*Registration*

Registration will be in the 'old' Blackburn Harriers clubhouse at the side of the café and will be signposted. Team Managers ONLY to collect chips and numbers. Please note that registration will be open from 9.30 am for collection of numbers for U13 B&G; U15 B&G; U17 M&W; U20 M&W.

Senior Men's and Women's numbers will be available from 12.30pm onwards.  
Event programmes and camera registration will also be located at this point.

*Presentation*

Individual presentations will take place after each race. Team presentations will be made as soon as results are available. All presentations will be announced over the PA System

*On Course*

Any emergency announcements will be made from the PA System.

Staff of Remote Medical Services and the Mountain Rescue will be on site throughout the day.

Lost children must be taken to the PA area and will only be allowed to leave once staff are satisfied that responsibility has been established

The site is fully accessible to people with disabilities, the course is not. This is due to the undulating topography of the cross country course, toilets that are fully accessible are located in the Start/Finish area. Please ensure that all mobility vehicles (eg wheelchairs) remain on paths and walkways at all times.

Athletes should both bring and wear suitable clothing and footwear.

A specific site for club tents will be situated as indicated on the course map)

*Travel Directions*

Directions included on a separate sheet.

### Other Considerations

As with all public parks, there are other park users, and athletes and spectators are asked to respect their right to use the area. The park is also a popular exercise area for walkers, joggers, dogs & owners.

Receptacles will be provided for litter, please ensure that these are used and that as little debris as possible is left on site.

### The Course

A separate course map shows the event timetable and routes.

Chip timing will be used. Team managers & athletes are asked to ensure that the correct chip is allocated and is securely and correctly fixed to the athletes ankle.

If you have any queries please contact us at the NA office on 01924 457922

Any on the day emergency queries related to weather conditions etc should be directed to Judith Temperton (07525 045307), Arwel Williams (07795261458) or Steve Gaines (07771 660979). Weather updates and all latest information will be posted on the NA website – [www.northernathletics.org.uk](http://www.northernathletics.org.uk)

Yours sincerely

**Judith Temperton**

### **Timetable**

<b>11.00</b>	<b>Under 17 Womens Championship</b>	<b>4.7 Km</b>
<b>11.25</b>	<b>Under 15 Boys Championship</b>	<b>4.2 Km</b>
<b>11.45</b>	<b>Under 15 Girls Championship</b>	<b>4.2 Km</b>
<b>12.10</b>	<b>Junior Womens Championship</b>	<b>5.5 Km</b>
<b>12.45</b>	<b>Under 13 Girls Championship</b>	<b>3.1 Km</b>
<b>13.00</b>	<b>Under 17 Mens Championship</b>	<b>5.5 Km</b>
<b>13.25</b>	<b>Under 13 Boys Championship</b>	<b>3.1 Km</b>
<b>13.40</b>	<b>Junior Mens Championship</b>	<b>7.7 Km</b>
<b>14.10</b>	<b>Senior Womens Championship</b>	<b>7.7 Km</b>
<b>15.00</b>	<b>Senior Mens Championship</b>	<b>12 Km</b>

# **Directions to Witton Country Park (Blackburn)**

## **By road**

### **From the North**

- 1 Leave the M6 at Junction 30.
  - 2 Join the M61
  - 3 Take the M65 Eastbound towards Blackburn
  - 4 Leave the motorway at Junction 3
  - 5 From M65 J3 follow 'Blackburn' sign to 'T' junction
  - 6 Turn right on A674
  - 7 Follow 'Witton Country Park' brown signs for 2.2 miles
- 8 All cars will park at Pleasington Playing Fields, Tower Road (Approx. 500m before you get to Witton Park on the left hand side.
- 8 Parking for Coaches & Mini-Buses is on the Main Car Park at Witton Country Park on Preston Old Road BB2 2TP – approx.500m past Tower Road.

### **From the South**

- 1 Leave the Motorway at Junction 29 and then join the M65  
Follow instructions from (4) above.

### **From the West**

- 1 From the M6/M62/M60  
Join M61 and follow instructions from (3) above

### **From the East**

- 1 Join the M65 and follow instructions from (4) above

### **From Manchester (M60)**

- 1 Join the M66 (Bury)
- 2 Continue to the end of the motorway
- 3 Continue as road becomes A56
- 3b Join the M65 westbound at junction (8)  
Follow instructions from (4) above

- 11:00 U17W : 1 Field + 1 Lge Tsp = 4.7km
- 11:25 U15B : 1 Field + 1 Lge = 4.2km
- 11:45 U15G : 1 Field + 1 Lge = 4.2km
- 12:10 U20W : 2 Lge = 5.5km
- 12:45 U13G : 1 Lge = 3.1km
- 13:00 U17M : 2 Lge = 5.5km
- 13:25 U13B : 1 Lge = 3.1km
- 13:40 U20M : 3 Lge = 7.7km
- 14:10 SW : 3 Lge = 7.7km
- 15:00 SM : 4 Lge Tsp = 12km

All Races Start - A  
 All Races ABCDE-Finish  
 Field = ABCDEA  
 Lge = ABCDEFGHIIA  
 Lge Tsp = ABCDEFGTSPHIIA



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