**WESSEX LEAGUE CROSS COUNTY (Avon Country Park)**

Sunday 5th October 2014

Race Instructions 

**Thank you for entering the first Wessex League Cross Country Match of the 2014 series.**

**The event will be held at Avon Heath Country Park, Birch Road, St Ives, Nr. Ringwood BH24 2DA**

Please do not leave your baggage unattended. We cannot accept responsibility for any loss.

All competitors are asked to use, **and pay for**, the main visitor’s car park and **not** the lorry car park.

**RACES will start at 11:45 with the senior male/masters and U20m (two laps) and 5k senior woman’s/masters (one lap) race. This will also incorporate the U17 male and female race. This will be run as one race and one finish funnel. A race timetable is on the reverse of this document.**

**START and FINISH:** On the gravel track behind the Visitors Centre. Entries on the day will be taken at a gazebo in this area, please enter in plenty of time. It will be helpful if team managers can enter a many of their runners beforehand. There will be announcements to remind you that your race is about to start, but it is your responsibility to arrive at the Start in time for your race.

 **PRE ENTERED RUNNERS: If not already distributed by team managers runners should collect their numbers at the gazebo,** **well in advance of the race time please.**

You must NOT wear iPods etc., you may not hear instructions from marshals or runners close behind.

**FINISH:** Once you have crossed the finish line, slow down, WALK through the funnels and remain in your finish order. Marshals will be there to assist.

**Course**: A fully marked course, initially on gravel paths then sandy paths. In some area there are significant tree roots. On the Senior Couse there is a section of broken tarmac. Waffles may be better than spikes

**Refreshments/ Toilets.**  Can be purchased from the Café near the car park. There adequate toilet facilities next to the café**, but no showers.**

**Race Numbers:** Please attach numbers to the **FRONT** of your Club Vest and ensure it is visible at all times. If you are taking medication please write this on the reverse with a contact phone number. Numbers must be worn only by the runner to whom they have been issued.

**Race Results**: Provisional results should be on www.dorsetathletics.co.uk within seven days of the race.

**Please note**. Runners must not be accompanied or followed by others either on foot or cycles.

**Lost Competitors:** Please go to Race Admin Gazebo where someone will look after you.

**FINALLY**, Please obey the marshals instructions, they are there for your safety.

**WESSEX CROSS COUNTRY LEAGUE**

**MATCH ONE, AVON PARK.**

RACE START TIMES

 Start time Age Groups Distance

11:45am SM (inc U20m&Vets) apx 10k

11:45am SW, (inc. Vets) apx 5k

11:45am U20F, U17M&F apx 5k

12:35pm U11 Girls/Boys apx 2k

12:50pm U13 Boys apx2.64k

13:10pm U13 Girls apx2.64k

13:25pm U15 Male &Female apx3.46k

Please be at the Start area, warmed up and changed, at least five minutes before your allocated start time.