

Northern Cross Country Championships 2019

26/01/2019

Location: Pontefract Park

Event Information

Northern Athletics Cross Country Championships

Timetable

11.00	Under 17 Women's Championship	5 Km
11.25	Junior Women's Championship	5.7Km
11.55	Under 13 Girl's Championship	3Km
12.10	Under 17 Men's Championship	6.4km
12.40	Under 13 Boy's Championship	3Km
12.55	Under 15 Girl's Championship	4Km
1.20	Under 15 Boy's Championship	4Km
1.40	Junior Men's Championship	8Km
2.15	Senior Women's Championship	8Km
3.05	Senior Men's Championship	12Km

Parking

The park has very limited car parking spaces.

Also Wakefield MBC have advised that we cannot have exclusive use of the Park parking areas, as they are used by other park users.

A shuttle bus service from J32 car parks to the Park will be available throughout the day. To get to the car park areas exit the M62 motorway at J32, and follow brown signs for Xscape & Outlet. To get to the designated car park – which only has around 200 spaces, take the second exit at the roundabout (signed Summit Park). Parking Stewards will be in attendance to help if needed. Details of the parking layout, bus pick up point and access routes can be seen on the venue.jpg document. There is also a footpath access to the park and race HQ area.

The car parks and footpath access route are shown on the associated access map. We are advised that the bus travel time is around 5 to 6 minutes. For those able to walk to the start, please allow 30 mins from car parks to the Race HQ area.

There are other pay car parks available in Pontefract, and these will be a similar distance away from the course. (Information available on the Wakefield MBC web site)

Those clubs planning to use a large club tent should contact the Northern Athletics Office for a Tent Drop off permit. This will allow access to drop off tents close to the club tent area, but no guaranteed opportunity to leave the car parked there, and the car may have to be moved to the J32 car parking areas

If your club is travelling by coach then parking in the Park is available, please inform the

Northern Athletics office if that is the intention so that coaches can be allocated parking spaces, and passes issued.

Some parking for disabled drivers is available in the park but Blue badges MUST be displayed. (Park Road, Pontefract, WF8 4RB)

Changing facilities

Marquee accommodation will be provided on site for both male & female changing although no showers are available.

Registration

A marquee will be signposted for registration. 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, adjacent to the finish enclosure.

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.

First Aid Staff, and a doctor 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, and in the pavilion building near the park entrance. 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.

For those who remember the mud bath that was the club tent area in 2015, you will be pleased to know that we have moved the marquees and club tents onto the higher ground above the finish straight.

The site for club tents and the marquee locations is shown on the Layout copy jpg document.

Competitors are asked to access the start area as shown on the Layout copy document and NOT cross the course or finish straight to get there from the club tent area

Travel Directions See Below

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. A model plane flying club use the area inside the course lap (shown on the course map) and spectators and athletes are asked to keep off this area. The park is also a popular exercise area for walkers, joggers, dogs & owners.

Receptacles will be provided for litter in the club tent and refreshment areas, 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. (NAXC2019copy.jpg). Chip Timing will be again be used. Team managers & athletes are asked to ensure that the correct chip is / are allocated and securely and correctly fixed to the athlete's ankle. The start & finish areas are similar to those used in 2015, but the through lap now runs to the north of the start area. The course is a mixture of rough grassland and short good quality parkland turf. All the course laps feature the same start straight, 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 again provide an excellent cross country course.

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). Weather updates and all latest information will be posted on the NA website – www.northernathletics.org.uk

Parking & Travel Directions

Park Road, Pontefract, WF8 4RB

ADDRESS FOR CAR PARKING

Junction 32 Outlet Shopping Village, Tomahawk Trail, Glasshoughton, Castleford, West Yorkshire, WF10 4FR

Below are directions to the Junction 32 Shopping outlet where car parks for the NA Cross Country Championships are situated. Signs will be in place to direct race traffic to the correct car parks and the shuttle bus service.

Some parking at the course is available for Disabled drivers but Blue badges must be displayed .

DIRECTIONS

By car. We are located in Glasshoughton, a highly accessible area just off Junction 32 of the M62, Castleford or off the A565.

By train. Take the train to the recently opened Glasshoughton Station, just a short walk from the Junction 32 Outlet Shopping Village.

PUBLIC TRANSPORT

Did you know you can get to Junction 32 outlet shopping village by public transport? Avoid the stress of driving and parking, and hop on the bus or train!

Bus

You can catch the bus from surrounding areas including Castleford, Pontefract, Wakefield and Leeds where you can interchange to other local and national destinations.

Buses stop around Glasshoughton and there is a stop directly outside Junction 32 outlet shopping village. For up to date frequencies and timetables see www.wymetro.com.

Bus Time-tables

Bus timetables are available from the Information Centre.

Rail

Glasshoughton has its own dedicated railway station which is just 5 minutes walk from Junction 32 outlet shopping village. Both platforms at the station are fully accessible by ramps for wheelchairs or pushchairs. The station is on the Pontefract Line, which serves Pontefract, Castleford and Leeds every hour Monday to Saturday. For up to date frequencies and timetables see www.wymetro.com. You can also use the Leeds-Sheffield Line to Castleford Station and get a bus or taxi from outside the station to Junction 32 outlet shopping village. Castleford is around 5-10 minutes away.

For further information on public transport visit: www.wymetro.com. for all your West Yorkshire public transport information or call 0113 245 7676 (7am-10pm, seven days a week, except Christmas Day, Boxing Day and New Year's Day).

www.transportdirect.info door to door public transport and car journey planner online.

Club Tents

1

9

2

Finish

Access to start

3

4

5

6

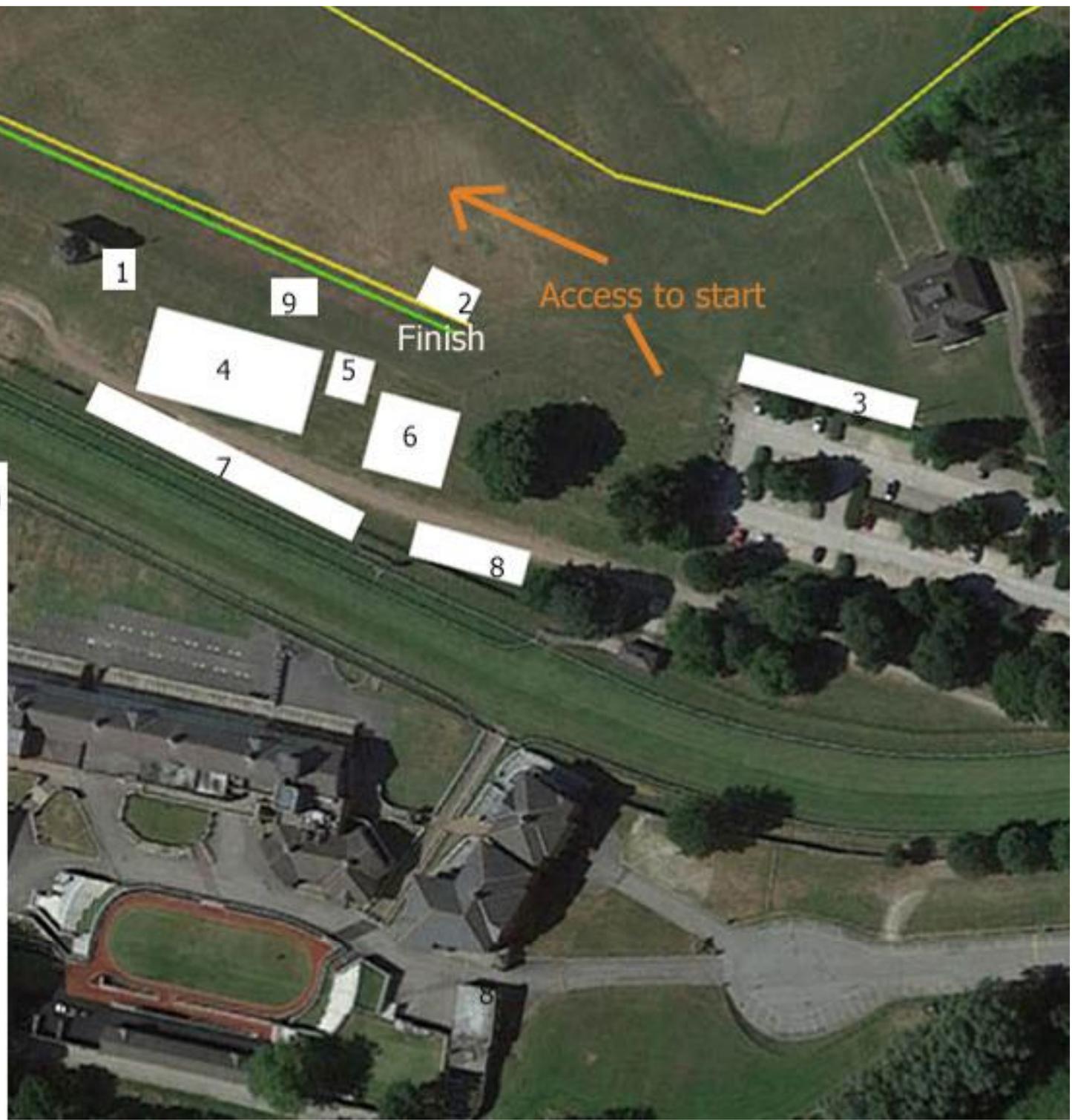
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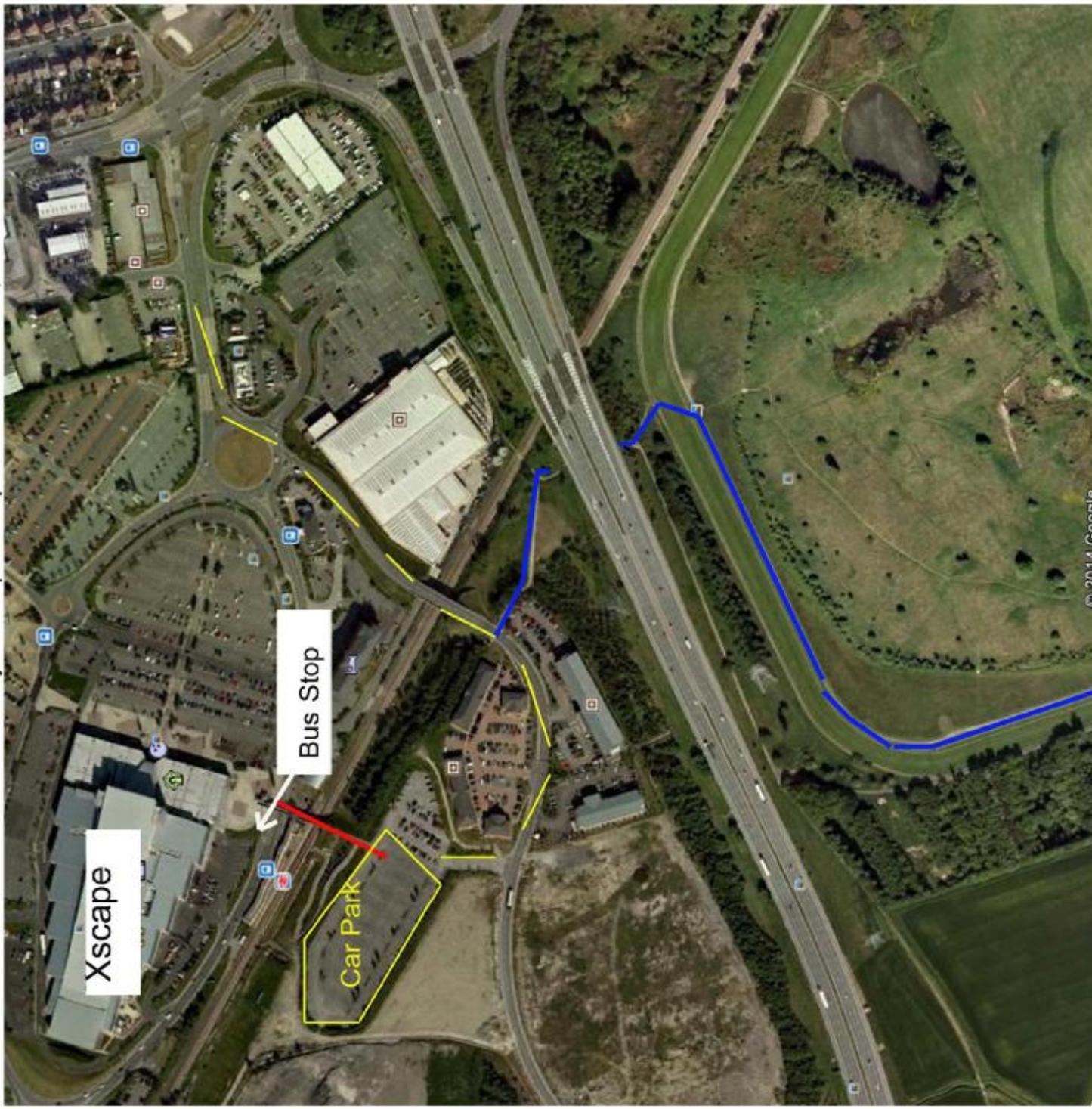
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Northern XC Championships 26th Jan 2019
Pontefract Park, Site Layout

- 1 PA system
- 2 Presentation
- 3 Toilets
- 4 Changing
- 5 FR systems results
- 6 Registration
- 7 Catering & refreshments
- 8 Start Fitness
- 9 First Aid





The venue is Pontefract Park, Park Side, Pontefract WF8 4RD.

Parking & Access to the course

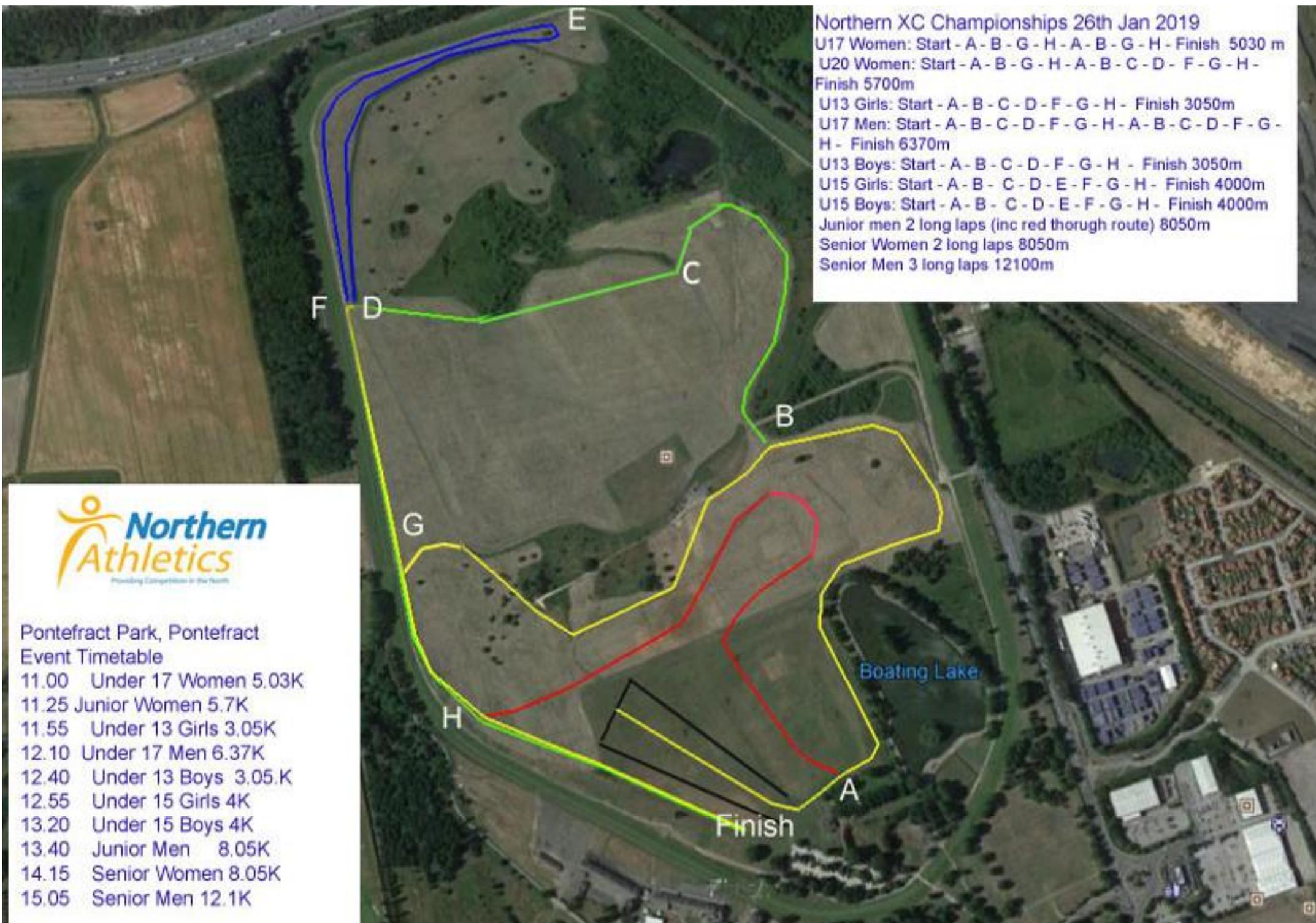
The park has very limited car parking spaces. Thanks to Xscape we have secured a designated parking area for 200 cars close to J32 of the M62. Once this car park is full, people will have to find places to park in the (extensive) area retail car parks. These car parks are over a mile from the race HQ area of the course. Double Decker (Free) Shuttle buses will operate between the designated bus pick up point and the Park drop off point, 400m from the Race HQ area. Footway access to the bus pick up point is shown in Red (across the footbridge from the car park). There is also a footpath access to the park and race HQ area. (Shown in Blue)

We are advised that the bus travel time is around 5 to 6 minutes. For those able to walk to the start, please allow 30 mins from car parks to the Race HQ area.

The first shuttle bus will depart at 09:30, and the final return journey will be at 17:00.

To get to the car park exit the M62 motorway at J32, and follow brown signs for Xscape & Outlet. To get to the designated car park take the second exit at the roundabout (signed Summitt Park). Parking Stewards will be in attendance to help if needed.

Northern XC Championships 26th Jan 2019
 U17 Women: Start - A - B - G - H - A - B - G - H - Finish 5030 m
 U20 Women: Start - A - B - G - H - A - B - C - D - F - G - H - Finish 5700m
 U13 Girls: Start - A - B - C - D - F - G - H - Finish 3050m
 U17 Men: Start - A - B - C - D - F - G - H - A - B - C - D - F - G - H - Finish 6370m
 U13 Boys: Start - A - B - C - D - F - G - H - Finish 3050m
 U15 Girls: Start - A - B - C - D - E - F - G - H - Finish 4000m
 U15 Boys: Start - A - B - C - D - E - F - G - H - Finish 4000m
 Junior men 2 long laps (inc red thorough route) 8050m
 Senior Women 2 long laps 8050m
 Senior Men 3 long laps 12100m



Pontefract Park, Pontefract
 Event Timetable

- 11.00 Under 17 Women 5.03K
- 11.25 Junior Women 5.7K
- 11.55 Under 13 Girls 3.05K
- 12.10 Under 17 Men 6.37K
- 12.40 Under 13 Boys 3.05.K
- 12.55 Under 15 Girls 4K
- 13.20 Under 15 Boys 4K
- 13.40 Junior Men 8.05K
- 14.15 Senior Women 8.05K
- 15.05 Senior Men 12.1K