

Information

Car Parking

Pay and Display – £2 for the day if paying the Attendant upon entry; £4 for the day if using the paying machine (£2 for 2 -3 hrs). There are ample Disabled bays but may be subject to fines. There is a designated lay-by, for dropping off and collecting club tents only, close to the new Children's Playground.

Runners can wear only Club/School, County, Area, National or, International vests. Only First claim club vests to score in the team competition. For other vests athletes MUST seek permission from the Race Referee.

Anyone wearing headphones or using a mobile phone during the race WILL BE DISQUALIFIED

Athletes

Nottinghamshire athletes will wear white numbers from 1 – 600.

Derbyshire athletes will wear yellow numbers from 601 - 1000. Derbyshire runners will wear their numbers on the **front and back**.

Any athlete NOT wearing a number will NOT be allowed to run

Race numbers must be worn as issued and not to be turned over or altered in any way.

Club age group Team Managers/Representatives please collect race numbers at least 60mins prior to the race start time

Presentations

Presentations will take place near the Finish area (marked by the large 'feather flags') as close to the times stated in the Race Timetable. Would medallists please make themselves available at their relevant times.

UK CAU Cross Country Championships

Successful athletes will receive an invitation as they finish the race to represent their respective county at the UK CAU Championships at Cofton Park, Birmingham on Saturday 7th March.

Derbyshire teams will be selected only on performances in these Championships.

There will be races for ALL age groups, except u11s and Masters at the CAU.

Please note, 'If a Masters athlete finishes in a qualifying position in the joint Senior/Masters race they will be invited to represent Derbyshire in the UK CAU Championships as a Senior'.

Under 20 athletes may be too old for their Inter-County race because the age group is U20 at midnight on 31st Dec 2015. They may be considered for the Senior team.

Notts selection for the County team will be based mainly on these Championships.

Senior Men and Women the first 6 + 3 at the selector's discretion (9 to run); all other age groups the first 7 +1 at the selector's discretion (8 to run)

PLEASE COMPLETE AND RETURN YOUR REPLY SLIPS IN THE PA AREA DURING THE AFTERNOON. FAILURE TO DO SO MAY RESULT IN THE LOSS OF YOUR COUNTY TEAM PLACE.

Team Scoring

In the event of a tie on points, the team whose last scoring member finishes nearest first place shall determine the result.

Derbys. Awards first 3 teams in each age group (3 to score except Senior Men [5 to score] and Masters Men [4 to score] and Senior/Masters Women [4 to score irrespective of age group])

Notts. Awards first 3 teams in each age group (3 to score except Senior Men [6 to score] and Masters Men [4 to score])

Under 17/20 Women combined team using any combination of runners (3 to score) – Notts only.

Results

The full results will be available on the Derbyshire Athletics and Nottinghamshire AAA websites within 24 hrs at derbyshireathletics.org.uk or, www.nottsaaa.org

Refreshments

Refreshments will be available near the Finish and will be on sale in Stable Yard at the Hall close to the public toilet area.

Race Timetable

- | | | | |
|---------------------------------|---------|--|-------------------|
| 1) | 11.00am | U11 Girls
(1 small lap - Start ABC Finish) | 1,500m (approx) |
| 2) | 11.15am | U11 Boys
(1 small lap - Start ABC Finish) | 1,500m (approx) |
| 3) | 11.30am | U17 Men
(2 large laps Start ABDEGCABDEGC Finish) | 6,000mts (approx) |
| 4) | 11.55am | Senior/Masters Women
(1 medium, 2 large laps Start ABDCABDEGCABDEGC Finish) | 7,500mts (approx) |
| 5) | 12.05pm | U13 Boys
(2 small laps Start ABCABC Finish) | 3,000mts (approx) |
| PRESENTATION FOR RACES 1, 2 & 3 | | | |
| 6) | 12.35pm | U20/Senior/Masters Men
(1 small, 3 large laps Start ABCABDEGCABDEGCABDEGC Finish) | 9,900mts (approx) |
| 7) | 12.45pm | U13 Girls
(2 small laps Start ABCABC Finish) | 3,000mts (approx) |
| PRESENTATION FOR RACE 4 & 5 | | | |
| 8) | 1.30pm | U17 & U 20 Women
(1 medium, 1 large lap Start ABDCABDEGC Finish) | 4,600mts (approx) |
| PRESENTATION FOR RACES 6 & 7 | | | |
| 9) | 2.00pm | U15 Girls
(2 medium laps Start ABDCABDC Finish) | 4,200mts (approx) |
| 10) | 2.20pm | U15 Boys
(1 small, 1 large lap Start ABCABDEGC Finish) | 4,600mts (approx) |

PRESENTATION FOR RACES 8, 9 and 10
will be made as soon as possible after the races

All Presentations Times are approximate, are subject to change on the day and depend upon the publishing of the Results