



Yorkshire

County Athletics Association

Cross Country Championships 2020



UKA Permit Number 2020024

These championships will be held on **Saturday 4th January 2020** at

Lightwater Valley, North Stainley, Ripon, North Yorkshire, HG4 3HT

www.lightwatervalley.co.uk

It's important that the prospectus is read in full by everyone. If you are submitting your entry on a club entry form, please ensure all your athletes have access to this information.

There is ample parking in the car park so please ensure there is no parking on the roadside. Please follow the directions and maintain a low speed.

PLEASE USE ONLY THE PATHWAY MARKED FROM THE MAIN ENTRANCE, AND DO NOT APPROACH ANY OF THE ATTRACTIONS OR THE GIANT LANTERN FIGURES

There are plenty of toilets in and around Lightwater Valley, there are no changing/shower facilities. There is plenty of space for club tents; access will be via footpaths from the main entrance to Lightwater Valley, more details will follow with the course map.

We are very lucky to have access to such a beautiful and well-maintained location, please leave it as you found it. Ensure all belongings are cleared and all rubbish is deposited in the bins.

NO DOGS ARE ALLOWED ON THE SITE.

A detailed course map with lap details will be issued as soon as possible

RACES WILL BE HELD AS FOLLOWS

Age Group	Approximate Distances	Time
u13 Girls	2,600m	11.10 a.m.
u13 Boys	2,600m	11.25 a.m.
u15 Girls	3,750m	11.40 a.m.
u15 Boys	4,500m	12.00 noon
u17 Women	4,500m	12.20 p.m.
U20 Women	6,060m	12.50 p.m.
Senior Women	8,140m	12.50 p.m.
u17 Men	6,060m	1.40 p.m.
U20 Men	8,250m	2.10 p.m.
Senior Men	10,150m	2.10 p.m.