

Yorkshire Veterans' Athletics Association



From:
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YVAA website: www.yvaa.org

YVAA 35th Cross Country Championships Sunday 19th February 2012

Venue: Northern Racing College

Race promoted by Doncaster AC (Permit applied for)

Venue: The College is on the Doncaster to Bawtry Road, A638 (actual address is Great North Road, Rossington), traveling south down Bawtry Road from Rossington, it is on the right one mile after the Mount Pleasant Hotel - **the post code** is the same as the Hotel as the owners of the hotel own the College land so competitors need to know if they use satnav it will take you to the Mount Pleasant. If coming from the south on the A638 from Bawtry it is about a mile out of the town on the left, shortly after YU Leisure, caravan sales and café (on right) and RSPCA Animal Shelter on left.

Those traveling via M1 can turn off at J1 on M18, A631 to Rotherham and then Bawtry. Those traveling by A1 join the M18 (east) and turn off at first junction to Doncaster then skirt edge of Doncaster to A638 towards Rossington.

Facilities: Very limited showers so just bring a towel for a dry rub down and come ready to run. Toilets available in Registration building next to car park and portaloos will be available near tent/start/finish area. Simple refreshments (tea, coffee, burgers) will be available from burger bar near tent area. The Presentations will be held in the large barn/indoor arena near Registration.

The Club tent area, adjacent to the start finish area, is about 5 minutes walk from the car park.

Parking: Follow drive, past old gate house, for about 400m then look for signs and marshals on left. Please follow instructions of car park marshals and drive **VERY slowly** within the car park area. **Note: If any team will arrive by coach please inform the organiser (Rob Kersey) at time of entry.**

The Course: this is a fantastic course with excellent short turf underfoot (assuming no snow!) with mostly gentle climbs and descents but with enough variation to make it interesting and a woodland section on the long lap. **The course will probably be one lap of about 2000m and one of 3000m for the 5K and a repeat of this for the 10K. The order of the laps will be posted on the website nearer the event and at Registration but is likely to be a short (2000m) lap followed by a long (3000m) lap for 5K and for the 10K this would be followed by another long lap and finish with a short (2000m) lap.**

YVAA Awards

Men	1 st 3 O/35, O/40, O/45, O/50, O/55, O/60, O/65, 1 st 2 O/70
Women	1 st 3 O35, O/40, O/45, O/50, O/55 1 st 2, O/60, O/65, O/70
Teams:	3 to score; Men 35 -39, 50 – 59, 60 -69, 70 + Women 35 – 44, 45 – 54, 55+ (medals for members of winning teams) 4 to score; Men 40 – 49 (medals for members of winning team)

Also Shields for 'All to Count' teams in each team age category except M70+. A minimum of 5 runners is needed to qualify in all teams except for M40 – 49, who will need 7 to qualify.

Numbers/Registration (from 10.00 am): To be collected on the day by team managers.

NOTE: All runners must wear age category on their backs. Failure to do so may result in demotion down finish list if a complaint is made to the referee and it is deemed to have a possible effect on placings.

Entry Fee: £4.50 per individual runner. Cheques payable to YVAA

Entries to: Rob Kersey, 8 Wellhouses, Cartworth Bank Road, Holmfirth, W Yorks HD9 2SS, on official entry form. Please enclose sae if you wish for confirmation that your entries have been received otherwise I will try and send email confirmation if you supply readable email address!

Closing Date: 11th February 2011

NOTE: While we will try to be as flexible as possible with late entries we cannot guarantee entries after the closing date. Clubs must ring or email Rob Kersey to check it is possible and if agreed ok bring a cheque on the day if it cannot reach him in time by post.