



UKA Permit number 2015011

IMPORTANT NOTES

Please ensure they are circulated to all

These championships will be held on **Saturday 10th January 2015** at **Lightwater Valley**, North Stainley, Ripon, North Yorkshire, HG4 3HT
www.lightwatervalley.co.uk

Please remember that Lightwater Valley is being opened up specifically for the Yorkshire Championships, none of the rides will be open, DO NOT ATTEMPT TO ACCESS ANY RIDES AND ENSURE YOU KEEP AN EYE ON YOUNG CHILDREN AT ALL TIMES, IT IS A VAST SITE.

The races will all take place within the grounds of 'The ULTIMATE'. This is a huge rollercoaster.

DO NOT TRY AND USE ANY PART OF THIS TO GAIN A VANTAGE POINT FOR PHOTOGRAPHS. DO NOT ATTEMPT TO CLIMB ON THE FRAMEWORK OF THIS RIDE AT ANY POINT.

Any individual doing so will be asked to leave immediately and attendance at future Yorkshire Championships of any discipline will be reviewed by Yorkshire County Athletics Association.

The course at Lightwater Valley is a brilliant for athletes and spectators, you can get a really good view of the whole race at ground level.

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

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.

Lightwater Valley is a beautiful well maintained location; please ensure you leave it as you found it. DO NOT LEAVE ANY LITTER OF ANY KIND.....including club tents!

The Clerk of Course has today been advised that if dogs are taken to the Championships, then they must be kept on a lead at all times. Please take suitable bags and remove any dog waste.

RACES WILL BE HELD AS FOLLOWS

Age Group	Approximate Distances	Time
u13 Girls	3,000m	11.10 a.m.
u13 Boys	3,000m	11.30 a.m.
u15 Girls	4,000m	11.50 a.m.
u15 Boys	4,500m	12.10 p.m.
u17 Women	4,500m	12.30 p.m.
u17 Men	6,000m	1.00 p.m.
Senior Women	6,000m	1.30 p.m.
Junior Men	7,800m	2.10 p.m.
Senior Men	10,400m	2.10 p.m.

Programmes will be on sale on the day at a cost of £2

Please try and have the correct change.

Commemorative sweatshirts and T-Shirts will be available for sale in the Conservatory from Sporting Print; they have a full list of competitors names printed on the reverse. They accept cash and cheques only. There are cash machines available on site.

Lightwater Valley will be selling hot and cold food and drinks in the conservatory and in the café at the entrance to the park.

AWARDS FOR YORKSHIRE COUNTY ATHLETICS ASSOCIATION

Women County medals to the first three athletes to finish and first three teams in all races.
U13, U15, U17 teams to consist of the first three competitors of a club to finish.
Senior teams to consist of the first four Junior/Senior competitors of a club to finish.
County medals to the first three Junior competitors.

Senior Men County medals to the first three athletes to finish and the first three teams.
Teams to consist of the first six competitors of a club to finish.

Junior Men, U17 Men, U15 Boys and U13 Boys

County Medals to the first three athletes to finish and the first three teams.
Teams to consist of the first 3 competitors to finish.

Awards for all age groups will be presented as soon as results are completed for each age group. Please be patient when waiting for results as collating them for such a large event is a huge task.

Results will be posted online www.noeea-athletics.org.uk as soon as possible, but paper copies will be available on the day at a cost of 10p per A4 sheet – PLEASE HAVE THE CORRECT CHANGE

**No competitor may compete unless his or her name appears in the final entry list.
No guest competitors will be allowed.**

Please note on the day of the championships all vest numbers for each age group must be collected and signed for by one team manager/representative. Numbers will only be handed out to individual athletes if they are the sole representative of a club.

Please ensure all club members know who their club representative is for their age group and where they can locate their vest numbers.

Everyone must compete in the correct vest number.

COUNTY SELECTION

These championships will be used as a basis for selection of the Inter County teams. This year the UK CAU Cross Country Championships will be held in Birmingham on Saturday 7th March 2015. The selection will be as follows:

U13 Age Group – First 8
U15 Age Group – First 6 + 2 discretionary places
U17 Age Group – First 6 + 2 discretionary places
U20 Age Group – First 6 + 2 discretionary places
Senior Age Group – First 6 + 3 discretionary places

If an athlete wishes to be considered for a discretionary place in the Inter County team, they MUST write to the Yorkshire Championship Secretary, Fiona Lancaster fiona.lancaster@btinternet.com , BEFORE the championships, giving their reasons for not running and their recent results.

THE ATHLETE MUST HAVE ENTERED THE CHAMPIONSHIPS