



**NORTH EASTERN COUNTIES ATHLETIC ASSOCIATION  
CROSS COUNTRY COMMITTEE**

**Hon. Secretary: A.Jenkins, 8 Meadow Riggs, Alnwick, N'land, NE66 1AP**

**CROSS COUNTRY CHAMPIONSHIPS**

**EAST PARK, SEDGEFIELD, SATURDAY DECEMBER 12<sup>th</sup> 2015**

**FINAL INFORMATION**

**Thank you for entering this year`s championships hosted by Sedgefield Harriers, with the support of Start Fitness, Sedgefield Harriers, Durham County Council, Sedgefield Cricket Club.**

**Please find attached, the Prospectus (race times), Travel/Parking information, Course map, Presentation timetable (approx.).**

**East Park, Sedgefield is on the east side of the A177 Sedgefield by-pass.**

**CAR AND COACH PARKING**

**Map attached.**

**For drop-off and pick-up, vehicles with club tents and disabled spectators ONLY, after taking the Coxhoe turn-off from the Racecourse roundabout go 400m to the Hardwick Country Park roundabout (before the hotel entrance) and turn right onto East Park. Note that this parking area has a grass surface and may be soft and in adverse weather conditions may not be available.**

**There will be car parking marshals to assist, please follow their instructions.**

**DO NOT PARK ANYWHERE ON THE A177 OR VERGES. IT IS DANGEROUS TO DO SO. STRICTLY NO PARKING.**

**(Note: there is a public pay and display car park at the visitors centre of Hardwick Country Park but this is likely to be full with cars visiting the country park and also there will be pre-Christmas activities in the park. It is strongly recommended that you use the free parking provided at the hotel even though it is a little further to walk. There is also a café and toilets at the visitors centre in addition to those provided at the event.**

**Walking to the start/finish area**

**The route will be signed and marshalled. Follow the hotel access road back towards the A177 – please keep to the side to avoid vehicles accessing the car**

park. Before reaching the main gates turn right onto a tarmac road and through a pedestrian gate. Follow this access road for 300m to the underpass on the left. Go through the underpass into East Park and turn right following the park paths to the start/finish area.

## GENERAL

Team Managers can collect club numbers from Sedgefield Cricket Club.

Programmes (£2.00) from the Sedgefield Harriers marquee (on course HQ). Results will also be available from the same area.

Toilet facilities and refreshments will be situated in East Park.

First Aid and a lost children area will be at the marquee HQ.

Please can all clubs ensure the venue is left LITTER FREE.

Presentations will be made shortly after each race, individual medal winners should report immediately at the end of their race and team presentations during the following race. Please check the attached presentation timetable (approximate).

Club secretaries should forward the contact details: name, address, email, mobile number, of the first 10 in each race (first 15 senior men and women) and any athlete of county standard who missed the championships, before December 31<sup>st</sup> to the team managers:

Men: Stewy Bell, 12 Lincoln Road, Moorside Consett, DH8 8EB, Tel: 07525484605, email: [nufcstewy@hotmail.com](mailto:nufcstewy@hotmail.com)

Women: Lynn Harding, 5 Maltby Close, Sunderland, SR3 2QR, 07773 140617, [lynn.cooper@ntlworld.com](mailto:lynn.cooper@ntlworld.com)

PLEASE NOTE THIS IS FOR RECORDS ONLY. THE FIRST 10/15 FINISHERS ARE NOT GUARANTEED SELECTION. THOSE SELECTED WILL BE NOTIFIED FOLLOWING A SELECTION MEETING IN JANUARY AFTER THE NORTHERN CHAMPIONSHIPS AT BLACKBURN.

Current form at the Northern Championships will certainly be taken into consideration. Accommodation / travel arrangements will also be available following selection.

2014 Trophies should be returned, cleaned and engraved, to the presentation area on the course (NEHL tent).

The NECAA welcomes bids for future championships (contact the secretary). The 2016 venue will be announced on December 12<sup>th</sup>.

*ENJOY THE DAY*