

SYCAA 'UP AND RUNNING' CROSS COUNTRY LEAGUE 2018

Sunday 9 December Graves Park, Sheffield

Location of Venue

Graves Park will be familiar to most of you and races will start from the pavilion. For those who have not been before, the entrance is at the junction of Derbyshire Lane and Hemsworth Road. Postcode for satnav, use **S8 8QE**.

How to Get There

Directions can be found on the Graves Park website: www.gravesparksheffield.info

Parking

Parking at and around Graves Park is poor. The small car park next to the pavilion is for marshalls and officials. Please do not use this. There will be NO parking along Hemsworth Road either from the traffic lights down to the pavilion. There is a car park next to the Rare Breeds centre off Hemsworth Road, but this quickly gets full. This means that parking is mainly on local roads. Please be considerate of local residents

Refreshments

The park has a café (The Rose Garden Cafe) about 250m from the pavilion. Follow the park signs to get there.

Toilets

There will be 6 portable toilet units situated close to the start area. It is uncertain as to whether the toilets in the pavilion will be useable.

About the courses

The courses are on maintained park and grass, with ascent up and down through trees on the U17 and Senior/Vet Men's race. There are one or two crossings of tarmac paths. What the going is like will depend on how wet the ground is. Gradients are mostly not too steep but there are some longish up and down sections. There will be other users of the park, particularly on the paths.

Presentations

Presentations for the League and the Championship will take place in the pavilion as soon after the last race as can be managed. If you are unable to stay for the presentations, but think you may be in line to receive a medal or trophy, please try to get someone else to collect it for you.

Special Interest Features

There is nothing about Graves Park you don't know already!