# **SYCAA CROSS COUNTRY LEAGUE 2019**

# Sunday 13th October

# Norfolk Heritage Park, Sheffield

# **Location of Venue**

Norfolk Heritage Park lies south east of the centre of Sheffield, about 1km from Sheffield Station, but it is an uphill walk. The park has several pedestrian entrances: from Granville Road in the north-east, from Norfolk Park Road to the north-west, Park Grange Road to the west, Donnington Road to the east and from Guildford Avenue to the south.

## **How to Get There**

The nearest tram stop is Arbouthorne Road. From here it is a 5 minute walk to the Centre in the Park. The No 50 bus leaves the bus station hourly on a Sunday and passes the Granville Road entrance to the park and then goes up City Road. There is a map and further information about the park at: <a href="https://www.norfolk-park.com">www.norfolk-park.com</a>

The postcode for the Guildford Road park entrance is \$2 2PL

# **Parking**

The park has one very small car park off Guildford Road. This will be for officials and marshalls on the day **ONLY**. This means that if you arrive by car, you will be parking on the street. As the park has several pedestrian entrances, this gives some parking flexibility, but allow yourself time to get from your car to the start and please do not obstruct access for residents.

#### Refreshments

The Centre in the Park has a café, which will be open.

# **Toilets**

The Centre in the Park has toilets. NO SPIKES INSIDE!!

## About the courses

The terrain is well-cut parkland grass for the most part. There is one long hill, which starts at around half way into most laps. It is taken in ascent on all the courses, steep at the bottom, getting gentler towards the top. The initial part of each lap is a steady descent, with one short steeper section. The large lap has two short path crossings and covers a section of ground we have not used before.

# Other Important Information

Norfolk Park gives one of the best views of Sheffield city centre.