

## SYCAA 'UP AND RUNNING' CROSS COUNTRY LEAGUE 2022

**Sunday 11 December 2022**

**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](http://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

There will be refreshments available on the day at the pavilion that Sheffield Running Club will be putting on.

### Toilets

There will be 4 portable toilet units situated close to the start area.

### About the courses

The courses are on maintained park and grass. 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.

### Other information

Deadline for registration for new runners for the final race is Friday 9<sup>th</sup> December and these need to be with Judith by then.

You must wear your club vest for racing and have the correct number pinned to the front. If you do not have these then you will be disqualified from the race and not appear in the results

You must not wear headphones or devices that allow you to listen to music as you need to be able to hear the instructions of marshals and other users of the area

If a junior drops out of the race then they need to report to the finish area to inform officials

Order of the running events is Senior men first finishing with juniors

League and Championship medals will be issued at a later date when the results are processed. The only exception to this will be junior races where the South Yorkshire championship medal will be presented after the race