

West Wales Regional Athletics Council

13th Welsh Inter-Regional Cross-Country Championships

Royal Welsh Showground, Llanellwedd, Builth Wells - Saturday, December 10th 2011

Information for Team Managers, Officials, Athletes and Spectators

Car Parking Information

Parking for all, team coaches and spectators will be on the Royal Welsh Showground site, Llanellwedd, Builth Wells, LD2 3TY, with access along from the "Little Chef" roundabout at the junction of A483 and A470. See course map

Headquarters

The event headquarters is at the Jubilee Hall Community Centre.

Changing Accommodation & Toilets

Changing, toilets and showers are available in the block, on the hill just above (150m) the start finish area. Additional toilets are available in the Jubilee Hall Community Centre. Please note: **NO SPIKES**

Club/Regional Tents

For those groups and regions who wish to bring tents, the area at the rear of the Jubilee Hall Community Centre has been outlined, as it offers access to the course, where announcements can be heard, in addition the presentation area is alongside.

On Site Catering

There will be on site catering, providing a variety of refreshments.

Litter

There will a number of large litter bins around the site. Please do not leave any litter on the ground where you have changed or where you have sited your club tent. We must remove ALL litter before we leave on the day.

You can help be placing all of your rubbish in one of the bins.

Risk Assessment – Walking the Course before you race

One of the requirements of the event risk assessment is that ALL competitors walk the course before the event. Please arrive early – at least an hour and a half before your race – so that you can walk the course. If you find a hazard, which you consider to be dangerous, please report it to the Event Referee, Mr Terry Alcock.

Team Declaration

Team Managers are required to declare their team in the Jubilee Hall Community Centre 45 minutes before the start of the race – but team alterations are allowed up to 15 minutes before the race start time.

TIMETABLE (VERSION 2)

Welsh Inter Regional & Masters Championships

10.30	Year 5 Girls	Start ABCD Finish	1500m
10.45	Year 5 Boys	Start ABCD Finish	1500m
11.00	Year 6 Girls	Start ABCD Finish	1500m
11.15	Year 6 Boys	Start ABCD Finish	1500m
11.45	Master Men	Start – 1 Med & 2 Large – Finish	8750m
12.00	U13 Girls	Start – 2 Small Laps – Finish	2470m
12.25	U13 Boys	Start – 2 Small Laps – Finish	2470m
12.35	U15 Girls	Start – 2 Medium Laps – Finish	4070m
12.50	U15 Boys	Start – 2 Medium Laps – Finish	4070m
13.05	U20 Women	Start - 1 Med. & 1 Large – Finish	5450m
13.10	MW & 70M	Start – 1 Med & 1 Large – Finish	5450m
13.30	U17 Men	Start – 1Med & 1 Large – Finish	5450m
13.45	Sen Women	Start – 2 Large Laps – Finish	6830m
14.05	U20 Men	Start – 2 Large Laps – Finish	6830m
14.20	U17 Women	Start – 1 Small & 1 Large – Finish	4650m
14.23	Senior Men	Start – 3 Large Laps – Finish	10140m

Small Lap	ABDEG 1130m
Medium Lap	ABCDEG 1930m
Large Lap	ADCDEFG 3310m

Primary Schools Races - Entry information – See below or www.welshathletics.org or contact **Satu Haikala**, 19 Adelaide Gardens, Brecon, Powys, LD3 8DD Tel 01874 623852 or 07979 495517 or satu.haikala@welshathletics.org

West Wales Regional Athletics Council

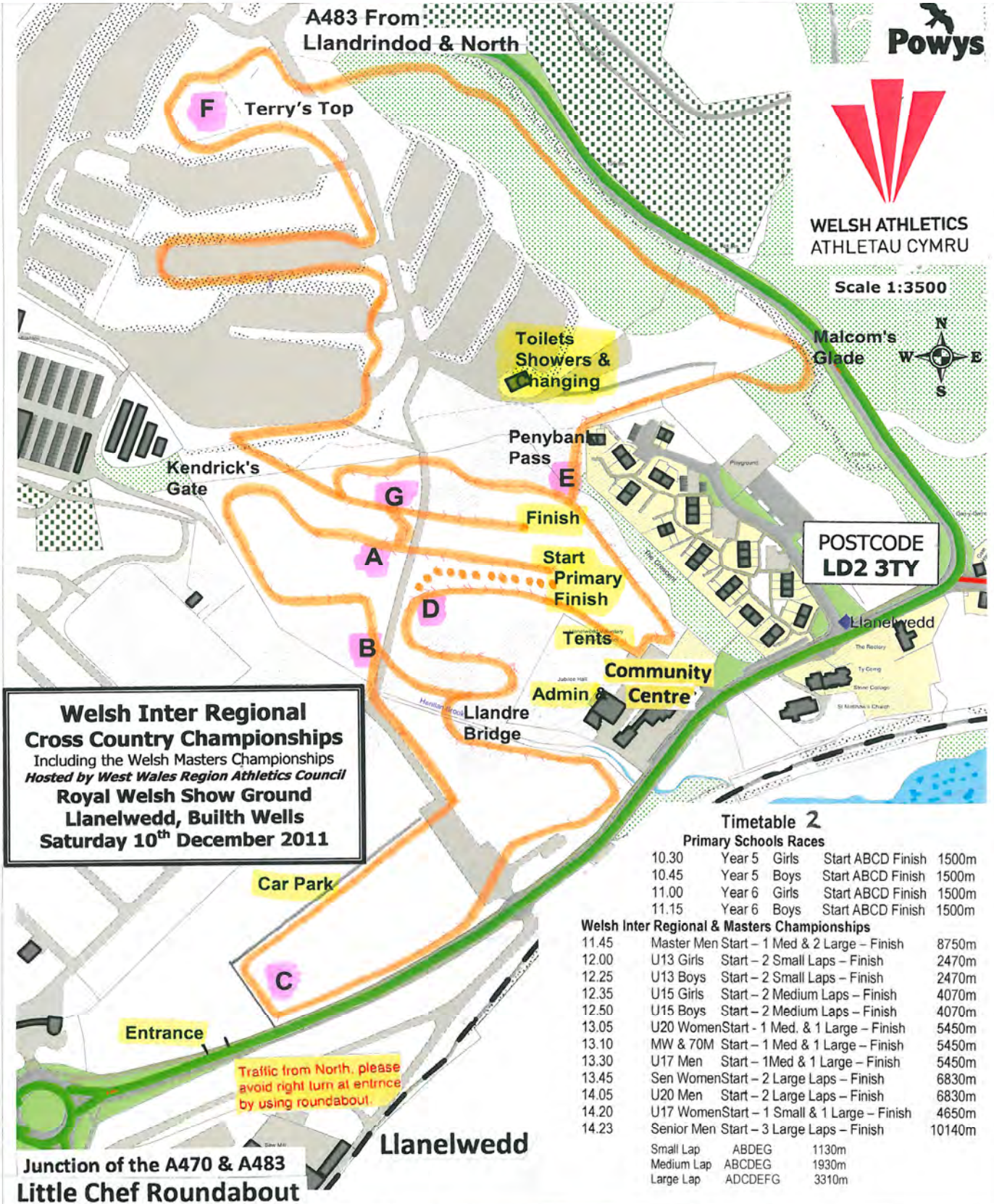
COURSE MAP

UKA Licence No WA-WL-CC-2011-0070



WELSH ATHLETICS
ATHLETAU CYMRU

Scale 1:3500



sportwales
chwaraeon cymru

Welsh Athletics - Athletau Cymru



Welsh Masters Cross-Country Championships 2011

Start time - 11:45am

Information, Map and Entry Form

The 2011 Welsh Athletics Masters Cross-Country Championships will be held as part of the Welsh Inter Regional Championships, which will be hosted by West Wales region at **The Royal Welsh Show Ground**, in Llanellwedd, Builth Wells, Powys (LD2 3TY) on **Saturday 10th December 2011**.

Welsh Athletics invites entries from affiliated clubs and eligible individuals. Please note that athletes must be entered for these championships. Selection for a Regional team does not automatically enter athletes to compete in this event!

The Closing date is Monday 5th December 2011

Eligibility

To compete, athletes must be **REGISTERED** with Welsh Athletics **AND** possess one of the following qualifications

Birth	The athlete was born in Wales
Parentage	One or both of the athlete's parents was born in Wales
Residence	The athlete has lived continuously in Wales for a minimum of two years immediately prior to the event, i.e. since December 10 th , 2011
Retention	An athlete, who has competed for Wales at international level under the Residence qualification, retains their Welsh eligibility, regardless of residence, until such time as he/she competes for another country in an international event

Age Group Competitions

Events shall be confined to competitors who are at least 35 years of age on the day of the race for women and at least 40 years of age on the day for men

All Master women will compete in a single race over 5450 metres. The event will start at 12.50pm.

There will be two races for Master Men.

For many years, athletes in the M40-69 age groups have competed in the main Masters race.

M70+ categories compete in the shorter race for Master Women. It is intended to continue this practice. The race for M40-69 age groups will be over a distance of 8750 metres starting at 11:45am.

PLEASE NOTE : Following a few trial years it has been decided to scrap the Mens 35+ category at this event.

Vests & Number

There are three potential groups of athletes competing at these championships:

1. Athletes competing in the Master championships **AND** representing their region
2. Athletes only representing their region – and not competing in the Master championships
3. Athletes NOT competing for a region and only competing in the Master championships.

Athletes in the first two groups – competing for their regional team – **MUST** wear their regional vest & number.

Athletes in the third group **MUST** wear either a club vest or a national vest and their championship number.

Awards – Individual & Team

Individual awards will be made to the first three athletes in five year age categories – Men 40-44, 45 - 49 etc and for Women 35-39, 40-44 etc

Team competition will be 3 to score in all competitions, awards to be given to the first 3 teams in each section.

In the women's race, team awards will be given in 2 categories – WM35-44, WM45+

In the men's race, team awards will be given in 3 categories – M40-49, M50-59, and M60+.

In the team competition, only members of clubs affiliated to Welsh Athletics will be scored **AND** athletes may compete for a younger age group. Team managers to declare teams by **11.30am on December 10th 2011**

If no indication has been received by that time, athletes will be scored in their own team age group.

Fee & Closing Date

Entries must be made on the enclosed entry form and the entry fee is **£3:00** per athlete. Clubs may enter an unlimited number of athletes. All details of each athlete, including their registration number, must be supplied. The entry form, together with a cheque made out to **Welsh Athletics**, is to be returned to:

**The Competitions Department, Welsh Athletics, Cardiff International Sports Stadium,
Leckwith Road, Cardiff CF11 8AZ by Monday 5th December 2011**

Welsh Athletics - Athletau Cymru

Welsh Masters Cross-Country Championships 2011

Start time - 11:45am

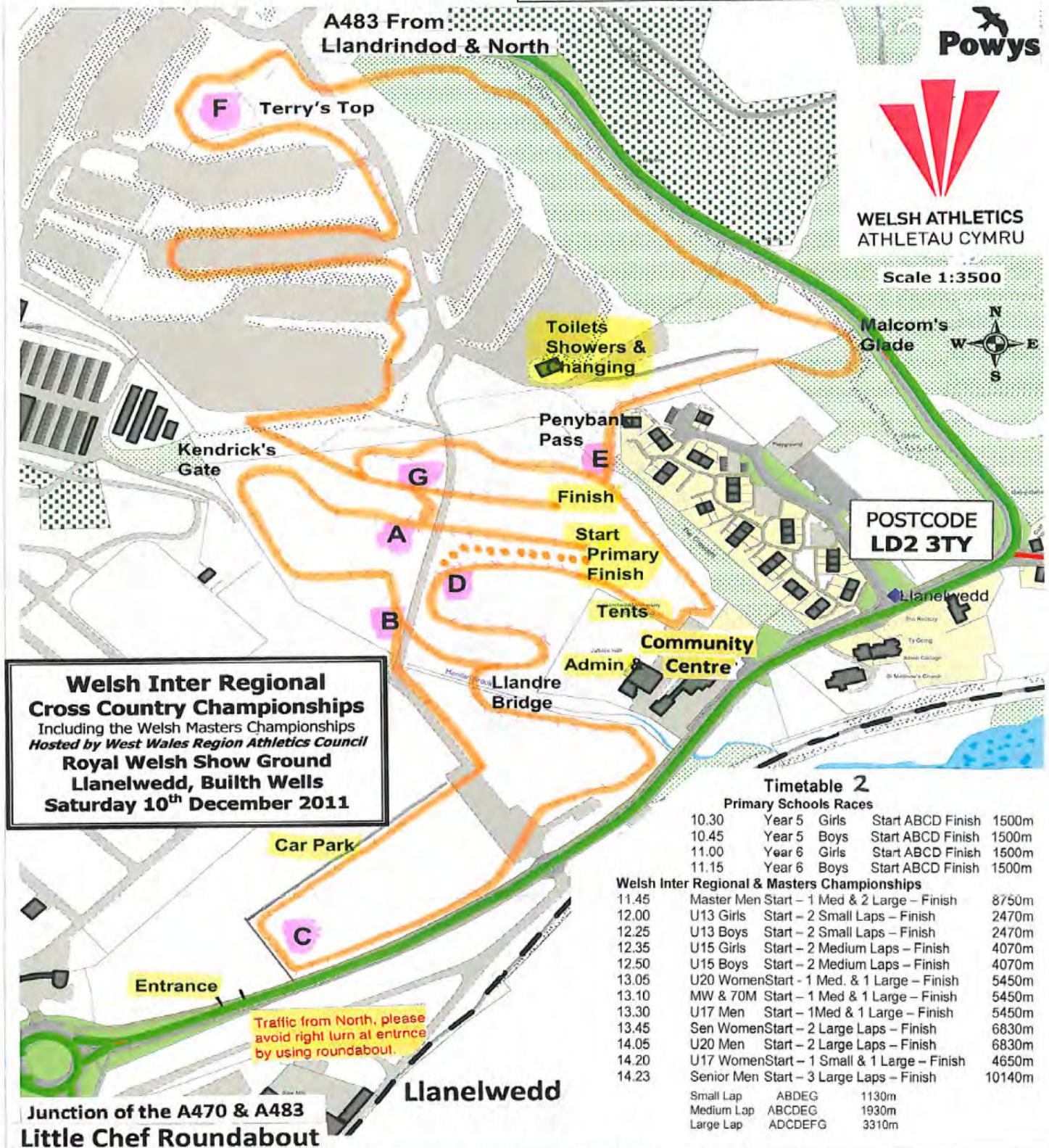
Information, Map and Entry Form



WELSH ATHLETICS
ATHLETAU CYMRU

COURSE MAP

UKA Licence No WA-WL-CC-2011-0070



Many thanks to Derek Price in his preparation of the timetable and course



Primary Schools Cross Country Challenge
Builth Wells Saturday 10th December 2011
10:30 am First Race



Entry Form

Name _____ (CLUB/SCHOOL *Please print*)

Age Group _____ **Year** _____ **Boys / Girls*** (Delete one)

Number Office use	First Name only	Surname	Date of Birth	School Year	
					1
					2
					3
					4
					5
					6
					7
					8
					9
					10
					11
					12

1st 3 finishers score as 'A' team, next 3 as 'B' team.

Change/correction of details can be made when picking up numbers on day of event.

Keep a copy of this form for your records. One Form per age group

Signed (School/Team Manager) _____ Print _____

Address _____

Tel No. _____ e-mail _____

Please ensure that adequate supervision is provided on the day and that athletes wear suitable clothing, are reasonably prepared to participate and healthy enough to complete the course. The course is over grassed playing fields and can be slippery if wet. It is relatively flat with mild undulations. Spiked shoes are recommended or shoes with a degree of grip. If dry trainers **might** be adequate.

Closing date entry WEDNESDAY 7th DECEMBER 2011

Entry is FREE. Please complete in electronic format to assist with accuracy of results, and email acknowledgements will be sent on receipt of declaration forms. Runners entered can be viewed on www.welshathletics.org on the event Welsh Inter Regional Cross Country Championships page. Please include SAE if you wish to have a reply by post

Satu Haikala, 19 Adelaide Gardens, Brecon, Powys, LD3 8DD
Tel : 01874 623852 or mob 07979 495517
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