



The Gan Canny Cross Country Races
Sunday 3rd October 2021 at Framwellgate School, Newton Drive, Durham
(England Athletics Licence CC2021/0008)

10.00	U11 Girls – 1.1k approx	School Years 4 or 5
10.45	U11 Boys – 1.1k approx	School Years 4 or 5
11.30	U13 Girls – 2.2k approx	School Years 6 or 7
12.15	U13 Boys – 2.2k approx	School Years 6 or 7
13.00	U15/U17 Girls – 3.3k approx	School Years 8, 9, 10 or 11
13.45	U15/U17 Boys – 3.3k approx	School Years 8, 9, 10 or 11

Entries are £5 per athlete (plus 15p administration fee)

Due to strict England Athletics guidelines, race numbers are limited

<https://www.trybooking.co.uk/ZYX>

Arrival on the day of the race is no earlier than 60 minutes before your race time

Registration on the day is required, along with completion of a health questionnaire (which will be emailed to participants to fill in online ahead of the event) and all runners and guardians will be temperature checked.

Each athlete can bring one guardian and guardians will need to remain in the guardian pen (at a social distance from others) during the course of the race. The guardian pen will have a view of around half the course and any guardians who don't follow this instruction will see their child disqualified from their race. Hygiene stations will be available at registration, in the guardian pen and in the warm up area.

ARRIVE

REGISTER

RACE

LEAVE

Arrive – access to Framwellgate School is from Old Pit Lane in Durham (opposite Vets 4 Pets) and please don't follow the school's postcode in your sat nav as it takes you to the wrong entry gate. Hard standing parking is available on-site at a cost of £1 per car (contactless payment available) or free parking is available on Carr House Road. Follow instructions on arrival so that we can manage the space for everyone.

Register – we'll ensure you've completed your health questionnaire, check your temperature and then we'll give you your race number before you head to the guardian area. Once in the guardian area, athletes will then be able to go through to a warm up area and then hand any clothing back to their guardians before

they start their race. Any guardians who don't remain in the guardian area will see their athlete disqualified from their race. Athletes will be called from the warm up area to the Start of the race by the Start team.

Sadly, No Club Tents can be placed in the guardian area & there will be no changing facilities or toilets available on site – the nearest toilets are located at the Arnison Centre. Athletes will need to provide their own safety pins (4 needed – 1 in each corner).

Race - Athletes and guardians are also unable to walk the course and a map has been provided for information. The course is relatively flat with one short uphill and one short downhill section. U11's will complete one lap of the course, U13's two laps and U15's/U17's three laps.

Leave – Once athletes have completed their race, they will make their way back to the guardian pen and then leave the venue as soon as possible so that we keep numbers on site to a minimum throughout the event.

Results will be posted online after the races have all been completed and shared on social media.

UKA Rule Cr18.5 – No Spitting or nasal clearances apply to all races

RESPECT THE GUIDANCE – we've put plans in place to keep everyone safe and allow athletes to race Cross Country in a safe environment and for younger age groups, who may not get many opportunities to race this season. So, divertent spoil it !



Further information – Mark Ellis, Event Manager
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