



**MIDLAND COUNTIES
ATHLETIC ASSOCIATION**

Email: roadandxc@mcaa.org.uk
Website: www.midlandathletics.org.uk

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January 2020

Dear Team Manager / Entries Secretary



**MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION
CROSS COUNTRY CHAMPIONSHIPS
PRESTWOLD HALL, LOUGHBOROUGH
25th JANUARY 2020, COMMENCING 10.30AM**

Thank you for your entry to the Midland Counties Cross Country Association Championships to be held at Prestwold Hall, Loughborough. Travel details to the venue, and a timetable are attached.

The course maps will be available on the website and will be on view at the venue.

All available details can be found on our Website.

Please Note: There will be a charge for Car Parking on the day.

£5 Cars & Mini Buses, £25 Coaches.

Collection of Numbers/Chips: numbers for the first five races can be picked up before 10.30am and only by team managers /club secretaries (**do not forget your pins**)

Numbers x2 will be in the pack with the chips.

A list of Athletes competing in the championships can be viewed after the closing date on the XC Championship page on the Midland Counties Website.

PLEASE NOTE THAT ALL AGE GROUPS ARE USING CHIPS.

All chips to be returned in the sacks/bins provided at the finish area, unused ones should be handed back at the registration tent. Failure to do so may result in a £7 charge per missing chip.

We also would ask you to remind your athletes and supporters to respect the rules and regulations of the Association and behave in a fit and proper manner to other users of Prestwold Hall i.e. members of the public, fellow athletes and supporters.

Please note: A cut off time of approx. 75 minutes is in operation for the final race of the day. Athletes still on the course can continue to finish but parts of the course will start to be dismantled after this cut off time. Finish recording will be reduced to a minimum for these later finishers.

Should you require any further information prior to the day of the event then please contact the MCAA office on Email: roadandxc@mcaa.org.uk Tel: 0121 344 4201.

In the event of prevailing bad weather conditions, you are asked to look at the MCAA website www.midlandathletics.org.uk for the latest information.

The following contact number 07487 623191 can also be used on the day for further queries about the event.

Yours sincerely

Rita

**Rita Brownlie
Secretary MCCA**



DERBY RUNNER MIDLANDS CROSS COUNTRY CHAMPIONSHIPS 2020

Prestwold Hall Driving Centre
Prestwold Lane
Loughborough
Leicestershire
LE12 5SH

SAT NAV - LE12 5SH

Direction signs to the venue will be erected where safe and legal to do so.
This is a new venue to many so please allow sufficient time to arrive.

The following parking charges will apply

£5 per car / Mini Bus

£25 Coach

Please do not park on the roads outside the venue as this may result in cars being towed away.

There is sufficient hard standing parking for up to 3000 vehicles

DIRECTIONS

From South and West

Directions:

- Come off the M1 taking the A46 signposted to Loughborough and Leicester North.
- After approx. 1/2 miles, turn onto A6, signposted to Loughborough and Leicester North.
- At roundabout, follow signs to Loughborough and Rothley; straight over the next roundabout continuing 3 1/2 miles down A6.
- Turning off the A6 at the second signpost for Quorn and Barrow on Soar, proceed up the hill and turn left at the next roundabout.
- Continue through the village High Street following signs to Hoton and straight over the large roundabout continuing towards Hoton.
In just under 2 miles you will see a sign for Prestwold Hall (Everyman Motor Racing)

From the North

Take M1 junction 24

Take Station Rd, Melton Ln, A6006 and A60 towards Prestwold

OR

Take A1 to the A607 and follow the signs to Loughborough and Prestwold

From the East

Take A52 to Grantham

Follow A607 and follow the signs to Loughborough and Prestwold



MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION

Midland Cross Country Championships

Prestwold Hall, Loughborough

25th JANUARY 2020

TIMETABLE FOR THE CHAMPIONSHIPS

10-30am	Under 13 GIRLS	Four to Score	3km
10-50am	Under 13 BOYS	Four to Score	3km
11-05am	Under 15 GIRLS	Four to Score	4km
11-25am	Under 15 BOYS	Four to Score	4km
11-45am	Under 17 WOMEN	Three to Score	5km
12-15pm	Under 17 MEN	Four to Score	6km
12-45pm	Senior WOMEN	Four to Score	8km
1-35pm	Under 20 WOMEN	Three to Score	6km
2-00pm	Under 20 MEN	Four to Score	8km
2-30pm	Senior MEN	Six to Score	12km