

Cheshire County Cross Country Championships at Betley Court Farm 17 April 2021

Information for all Competitors

Only come to the event if you are fit and well on the day of the race and have not been in contact with anyone who has tested positive for Covid 19 in the previous 10 days. There will be no temperature testing of Competitors.

Aim to arrive a full hour, but no more than two hours, before your event. No spectators are allowed.

The venue is at the southern end of Betley village on the A531, postcode CW3 9BH

Observe the traffic management officials' instructions when entering the venue. Park up as instructed on the RHS bank and use your vehicle as your main base.

Numbers for Junior and Senior teams, grouped by Club can be collected from the corner of the barn nearest to the car park.

Please observe social distancing and stay out of enclosed spaces.

Remember the venue is a working farm for beef and dairy cattle. Stay away from the buildings and any fields where cattle may be grazing. Please make sure you take all your property and rubbish home.

All course information, the race schedule and live results are available at avtiming.com/cheshirexc

The course is based on 3 fields :

- A central main field with toilets, warm up area with Club Flags, pre-start holding area, start and finish.
- A top field with an up and down section, including a dog leg for all races apart from the u/11s
- A bottom field for u/15s, u/20s and senior races.

As the whole course is visible from the central field, you will NOT be allowed to walk the course before your race.

Enter the warm up area through the crossing point opposite the car park about 40 mins before your race. No club tents are allowed, just an area for club flags.

Race information will be announced over a PA system and competitors will be called prior to each race.

When announced, approximately 10 mins before your race, remove any non-race clothing, preferably leaving it outside the warm-up area (in your car), and proceed up and into the pre-race holding area.

All races will start in socially-distanced waves of 25, with each wave setting off 15/30 secs apart. Senior races will have waves which are colour coded, based on submitted 5k times. Your bib will indicate which starting wave you have been allocated to.

All runners must go over the timing mats at the start and at the finish to record a time.

The course is anticlockwise -so keep markers on your LHS. Pass others on the right.

A first aid vehicle will be positioned near to the race finish on the main pathway. This is a four-wheel drive vehicle and can access all parts of the course.

Only watch a race from the outside of the course, near to the car park area.

The finish is opposite the car park area, and you are advised to disperse quickly, go back to your vehicle and leave.

Your Race results will be sent to you by email immediately after finishing. Live and complete results for each race will be published on the my.raceresults.com website: avtiming.com/cheshirexc

The Courtyard Café operated by the farm, may be open to serve refreshments outside.

If you should develop any Covid symptoms after race day, immediately seek medical advice, get tested, isolate and get someone to inform the Race Organiser..... Andy Garnett