Devon Schools Athletics Association

South West Schools Cross Country Championships

Saturday 4th February 2023

Blaise Castle Bristol

Notes for Athletes and Parents/Guardians

Travel Arrangements

It is expected that most Athletes will want to make their own travel arrangements (there will be **one small coach** travelling from Exeter to Blaise castle Bristol for those who wish to **BUT** this must be indicated on the return form attached. Directions to Blaise Castle are below!

<u>Car parking</u> - Please see attached information. It will be very **BUSY** so please allow plenty of time to park! Car Parking details are <u>below!</u>

On arrival -Please report to the Devon Schools Tent (Check the Course map below and look for the Team Tent Area – the Devon tent will be there!!) by MIDDAY to meet your Age Group Team Manager to collect your Devon vest, numbers and then walk the course! Time is short as the first race is due to start at 1:30!

Race Start times

Senior Boys 1.30pm - Minor Girls (YR7) 1.31pm - Senior Girls 1.55pm - Minor Boys (YR7) Boys 2.20pm - Junior Girls 2.40pm Junior Boys 3.00pm - Intermediate Girls 3.20pm - Intermediate Boys 3.40pm

Coach Travel arrangements

Meet: 9:00am Exeter Moto Services (Coach Parking entrance) Tiverton Services 9.30am

Return: 5:30pmish Tiverton Services - 6:00pmish Exeter Moto Services

Seatbelts MUST be worn at all times during the journey

<u>Cost</u>: £15.00 or £40.00 if buying a Devon Schools Hoodie - Cheques made payable to **Devon Schools Athletics Association** and returned with Acceptance slip **or Bacs** payment – Account no. 02709066 Sort no. 56-00-63 (NatWest) - Please **ADD** the "Athlete's name and Age Group team (this will greatly help our Treasurer identify who has paid!!)

<u>Kit</u>: You will be issued with a **Devon Schools Vest** on the day (please make sure you have put your size on the return form) and which **MUST** be returned to your Age Group Team Manager **BEFORE** you leave. Please note you will need to bring your own **BLACK** shorts/leggings for this event (no other colours are allowed!) - you may wish to wear under armour/long sleeve T-shirts in Black, White or Red.

It is advisable to arrive changed in warm and waterproof clothing as access to changing facilities will be limited

Do not forget to bring your 8 safety pins and something suitable to walk the course in other than your spikes!

The course is suitable for Spikes - bring different length "spikes" depending on course and weather conditions on the day

Food and Drink: There will be facilities to buy food and drink. It is advisable to eat 2 -3 hours before your race.

Keep checking www.devonschoolsathletics.org for updates

Spectators: We welcome your family and friends to come and support you and the Devon team.

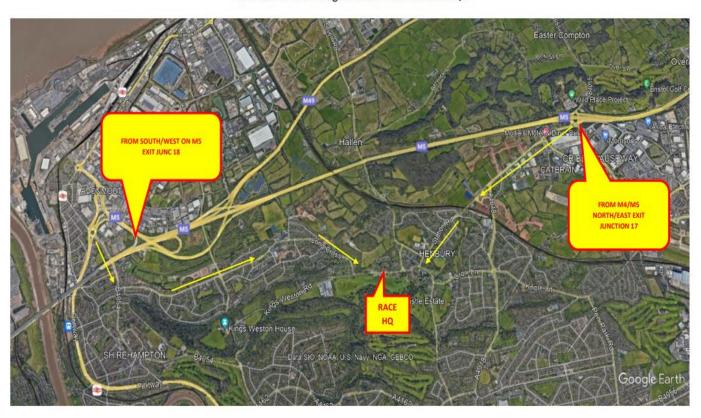
Nicky Holland mob 07977110864 home 01392 833156

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Travel Directions

SOUTH WEST SCHOOLS' A.A. – CROSS COUTRY CHAMPIONSHIPS SATURDAY 4th FEBRUARY 2023 - DIRECTIONS TO BLAISE CASTLE ESTATE

Main Car Park off Kings Weston Road at BS10 7QS



Directions for the South & West using M5:

Exit M5 northwards at Junction 18 (Avonmouth). Keep in the left lane – at the roundabout take the first exit left onto B4054 - back under the motorway. After 200 metres turn left into Long Cross and follow for 1.5 miles. At the T junction turn left into Kings Western Road; Blaise Castle estate is on the right

Directions from North & East using M5:

Exit M5 southwards at Junction 17 (Cribbs Causeway). Immediately turn right onto A4018 to first roundabout (Mollie's Motel/Diner). Take 2nd exit onto Station Road passing Premier Inn and follow for 2 miles to Henbury. Turn right onto Kings Western Road. Blaise Castle estate is on the right.

Car Parking

There is limited spectator parking space on site – see below for charges. Further information about local car parking will be available nearer to the date of the event from the organisers!



CAR PARK OPERATED BY 'RING GO' APPLICATION

THERE IS A QR CODE ON THE SCALE OF CHARGES NOTICE BOARD

LOCATION OF MAIN CAR PARK IS 22706

PAYMENT BY MOBILE TELEPHONE CALL 01173 419660

Course Map

