

**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!

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

**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

**Cost:** **£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!!)

**Kit:** 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](http://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**

**nikki.holland@exmouthcollege.devon.sch.uk**

# Travel Directions

**SOUTH WEST SCHOOLS' A.A. – CROSS COUNTRY CHAMPIONSHIPS SATURDAY 4<sup>th</sup> 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 2<sup>nd</sup> 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!

**WELCOME TO BLAISE CASTLE ESTATE CAR PARK** **P**

**Permitted vehicles** – Cars and vans up to 3.5 tonnes, motorcycles, pedal cycles, coaches and minibuses

**Pay and display car park:** Purchase ticket from machine immediately after parking. Display ticket clearly within vehicle windscreen. Remove vehicle from car park before expiry time on ticket if within charging period.

**RingGo** No coins? Pay for parking by mobile. See local signs for further information or call 0117 341 9000 and pay by credit or debit card.

Coach bays may be used by cars, vans and minibuses unless they have been reserved by prior arrangement for specific coaches, if reserved the bays will be marked with cones.  
Over-flow car parks on grass, please park considerately and responsibly in a similar fashion to marked bays, charges apply.

**No parking charge** for customers displaying a valid Blue Badge, motorcycles and pedal cycles.

**Warning - Vehicle removal scheme in operation.**  
Vehicles parked in contravene of the parking restrictions and subject to a Penalty Charge Notice.  
Penalty charge up to: £70  
Vehicle release fee: £105  
Storage charge: £12 per day  
Contact: 0117 903 8070 (office hours)  
0117 922 2050 (24 hours)

**Parking Charges**  
All days  
Monday to Sunday and Bank Holidays

**DAYTIME (ALL DAYS)**  
09:00 – 18:00 hrs (9am – 6pm)  
Outside of these hours parking is free, subject to seasonal opening times

Cars and Vans	Coaches
UP TO 1 HOUR - £1.00	UP TO 1 HOUR - £5.00
UP TO 2 HOURS - £2.00	UP TO 2 HOURS - £10.00
UP TO 5 HOURS - £3.00	UP TO 5 HOURS - £20.00
	UP TO 9 HOURS - £25.00

**Minibuses**  
UP TO 1 HOUR - £3.00  
UP TO 2 HOURS - £6.00  
UP TO 5 HOURS - £9.00  
UP TO 9 HOURS - £12.00

If you wish to stay longer than 5 hours during the charging period, you can pay for extra hours.

**NOTE**  
Car park is open at 7.30am daily, seasonal closing times:  
**Spring** - February 6.15pm, March 7.15pm and April 8.15pm  
**Summer** - May to August inclusive 9.15pm  
**Autumn** - September 8.15pm and October 7.15pm  
**Winter** - November to January inclusive – 5.15pm  
The car park gate is locked upon closing time, a £25 vehicle release fee is payable to unlock the gate during closed periods, please call 0117 922 2050

**No overnight parking** Car park closed on Christmas Day

We hope you enjoyed your visit, your parking payment helps to maintain Bristol's Parks and Green Spaces, for more information visit [www.bristol.gov.uk/parks](http://www.bristol.gov.uk/parks)

**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

## TIMETABLE OF RACES:

11:45am - 1:15pm Course open for inspection

**RACE 1: 1:30pm SENIOR BOYS**

3 x LONG LAPS 6950 metres

**RACE 2: 1:31pm MINOR GIRLS**

1 SHORT LAP + 1 MEDIUM LAP 2440 metres

**RACE 3: 1:55pm SENIOR GIRLS**

1 MEDIUM LAP + 1 LONG LAP 3840 metres

**RACE 4: 2:20pm MINOR BOYS**

1 SHORT LAP + 1 MEDIUM LAP 2440 metres

**RACE 5: 2:40pm JUNIOR GIRLS**

1 SHORT LAP + 1 LONG LAP 3230 metres

**RACE 6: 3:00pm JUNIOR BOYS**

1 MEDIUM LAP + 1 LONG LAP 3840 metres

**RACE 7: 3:20pm INTERMEDIATE GIRLS**

1 MEDIUM LAP + 1 LONG LAP 3840 metres

**RACE 8: 3:40pm INTERMEDIATE BOYS**

1 SHORT LAP + 2 LONG LAPS 5460 metres

## PEN ORDER

	1	2	3	4	5	6	7
RACE 1: 1:30pm SENIOR BOYS	DEV	DOR	GLOS	SOM	WILTS	AVON	CORN
RACE 2: 1:31pm MINOR GIRLS	CORN	DEV	DOR	GLOS	SOM	WILTS	AVON
RACE 3: 1:55pm SENIOR GIRLS	AVON	CORN	DEV	DOR	GLOS	SOM	WILTS
RACE 4: 2:20pm MINOR BOYS	WILTS	AVON	CORN	DEV	DOR	GLOS	SOM
RACE 5: 2:40pm JUNIOR GIRLS	SOM	WILTS	AVON	CORN	DEV	DOR	GLOS
RACE 6: 3:00pm JUNIOR BOYS	GLOS	SOM	WILTS	AVON	CORN	DEV	DOR
RACE 7: 3:20pm INTERMEDIATE GIRLS	DOR	GLOS	SOM	WILTS	AVON	CORN	DEV
RACE 8: 3:40pm INTERMEDIATE BOYS	DEV	DOR	GLOS	SOM	WILTS	AVON	CORN



SHORT LAP = A-G-H-A  
 MEDIUM LAP = A-B-F-G-H-A or (FINISH)  
 LONG LAP = A-B-C-D-E-F-G-H-A or (FINISH)

OFFICIAL COURSE CROSSING POINTS

**SOUTH WEST SCHOOLS' AA  
 CROSS COUNTRY CHAMPIONSHIPS  
 SATURDAY 4<sup>th</sup> FEBRUARY 2023  
 BLAISE CASTLE BS10 7QS**

MEETING ORGANISERS  
 GLOUCESTERSHIRE SCHOOLS' AA  
 MEETING DIRECTOR - ANDREW BEADLE  
 REFEREE - GEOFF WICKENS

England Athletics Race Licence: CC2022/0569  
 (Course subject to change according to weather conditions)

