

BMAF OPEN CROSS COUNTRY CHAMPIONSHIPS

Sunday 25 MARCH 2012

UNIVERSITY OF BATH

SPORTS TRAINING VILLAGE

(Under UKA rules: Cross Country Permit SE181/11)



Thank you for entering the BMAF 2012 Cross Country Championships. We are sure you will enjoy the event. Bath is a great city to visit and the Sports Training Village at the University is an attraction in itself. Enjoy the experience!

Pre race enquiries: should be directed at Ken Ballam (Tel 01202 429137) of South West Vets.

Numbers: Please find enclosed your race number which should be pinned securely to the front of your vest and not folded or cut in any way plus your age category card which goes on the back of the vest. Please also complete the medical information on the back of the number.

Parking: From Claverton Down Road you will turn into the University along Norwood Avenue (which becomes Convocation Avenue) and after passing the Sports Training Village on the right, turn right before the bus terminus and on your left is the large East Car Park which is free on Sundays. Park there. The gate to the cross country field is at the end of the road that runs along the side of the car park and you will see some portaloos on the car park close to that gate.

Race HQ : This will be found at the Convocation Avenue entrance to the Sports Training Village.

Changing Facilities: Showers, toilets and changing rooms are available in the Sports Training Village but please note that the complex has a “**No muddy shoes**” policy. After the race when you will certainly be muddy, access to the changing rooms will be via the external balcony overlooking the outdoor track and down steps at the far end of the balcony. These steps will take you to the same level as the outdoor track. Follow the signs to the changing rooms. It will be well signposted and marshalled on the day. The portaloos on the car park are also provided for your use.

Baggage: There are secure lockers in the changing rooms (non refundable 20p charge) and there will also be a tent on the field for small unsupervised items such as tracksuits etc. Club tents are also welcome and can be pitched just inside the gate.

Refreshments: There is an excellent café on the same level as the Race HQ. It opens up on to the balcony overlooking the outdoor track . It is open all day but again, no muddy shoes, please.

TIMETABLE: Race 1 6 km WOMEN (all ages) and MEN 65+ 12.00 noon
Race 2 8 km MEN 35 - 64 1.00 pm

BMAF Individual Awards: to the first three in each five year age group

BMAF Team Awards: for the first three teams (three to count) in the following age groups:

W35 - 44; W45 - 54; W 55 +; M35 - 44; M45 - 54; M55 - 64; M65+,

Runners, who wish to count for a younger team, must declare this before the race but note that this can only be done within the same race and Men 65+ may not run in Race 2. Such declarations will be accepted at Race HQ up to 30 minutes before the start of each race.

Prize Giving: There will be one prize giving covering both races and this will start as soon as possible after the second race at a targeted time of 2 o'clock in the Main Sports Hall. This is on the lower level and access is gained down stairs on the top corridor or directly from the changing rooms. It will be well signposted and again, no muddy shoes. Bottles with screw top lids or sports bottles may be taken into the Hall but, please do not take open cups of hot or cold drinks or food into the Sports Hall. Please take all rubbish with you when you leave.

Results: Will be posted on a notice board just outside the Café and in the Sports Hall where the prize giving will take place. They will also be posted on the S West Vets and BMAF websites.

Massage and Pool: We are hoping to provide a pre- and post- race massage service in the Sports Hall and the swimming pool will also be available once you have showered.

Getting there: Bath is only 90 minutes from London Paddington or Waterloo by train and is only a short drive from the M4,M5 motorways. The station (Bath Spa) is in the heart of the city and adjacent to the National Express Coach terminus from where Park and Ride buses run to the University.

Trains from the North and South West require a change at Bristol Temple Meads.
Bristol Airport is also only 20 miles away.

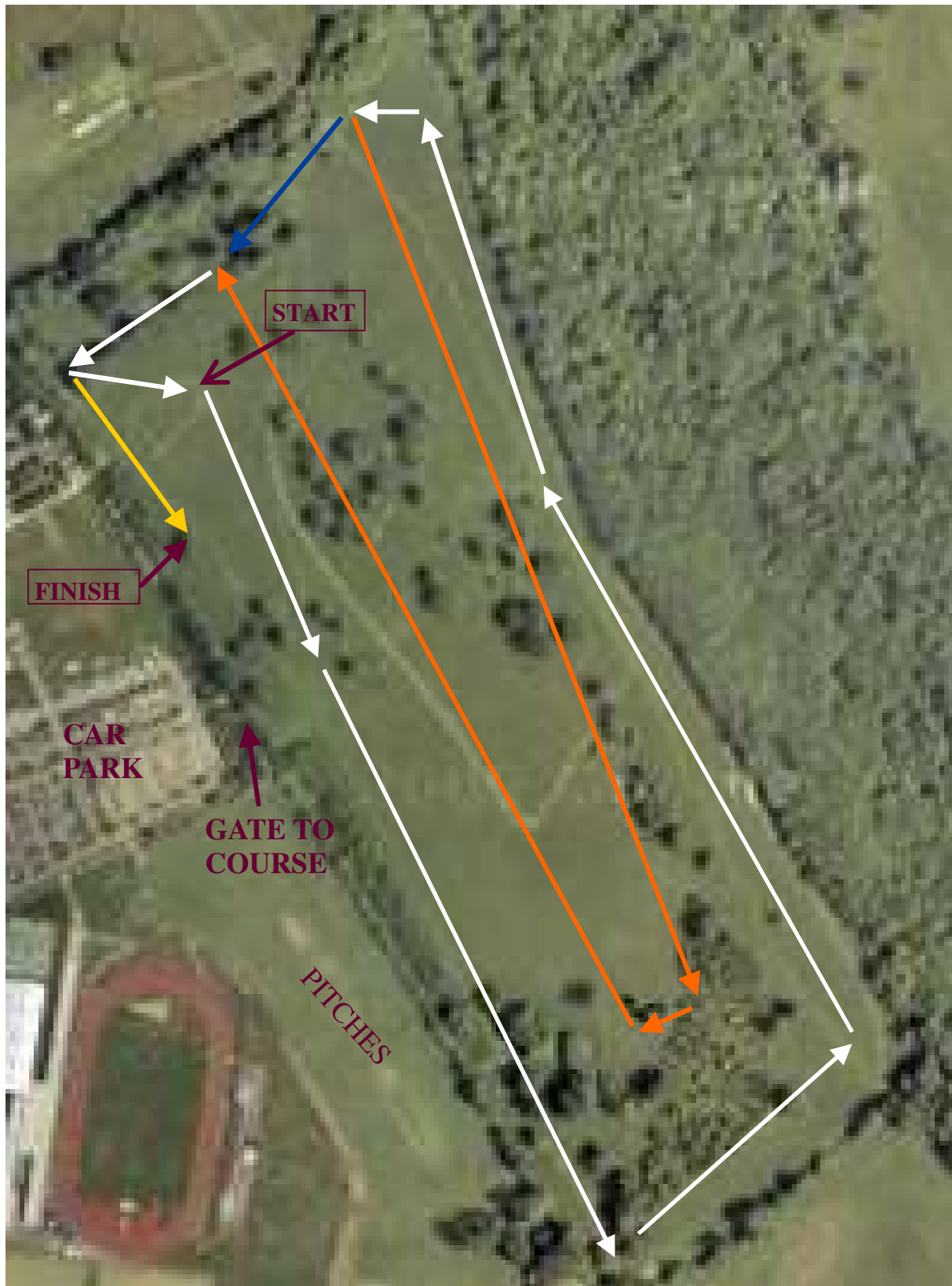
Those travelling by car will find it easier to drive straight to the University. It is well sign-posted but for the GPS brigade the Post Code is BA2 7AY

Accommodation: Best booked through the Bath Tourist Information Office. Their website is www.visitbath.co.uk and you can book on line (including budget accommodation like camping and caravans). If you prefer, telephone them on 0844 847 5256.

The Campus Map below shows the layout of the Sports Training Village and the red dotted line - - - - - indicates the access route to and from the course and the changing rooms. It passes through the balcony on top of the indoor sprint track. It is a very short walk.



**BMAF X COUNTRY CHAMPIONSHIPS, BATH UNIVERSITY
25 MARCH 2012**



**SMALL LAP - FOLLOW THE WHITE ARROWS AND INCLUDE THE BLUE
LARGE LAP - FOLLOW THE WHITE ARROWS AND INCLUDE THE ORANGE.**

**Race 1 (LADIES & M65+) = 3 SMALL LAPS PLUS YELLOW ARROW TO THE FINISH
Race 2 (M35 -M60) = 3 LARGE LAPS PLUS YELLOW ARROW TO THE FINISH**