

Thank you for entering the SW Cross Country Championships (incorporating the SW Inter Counties Championships) which is taking place on Sunday 2nd January 2022 at RNAS Merryfield, Ilton, Ilminster TA19 9HN. The event is held under UKA rules. EA license CC2021/0135 has been issued.

COVID Compliance. Regulatory advice issued by HMG, EA and event organisers will always be followed. Attendees are encouraged to have taken a Lateral Flow Test on the day prior travelling, or to have had two doses of the regulated COVID Vaccine. Any registered attendee, guest, official or organiser who is suffering the symptoms that could be connected to COVID-19 are not to travel to the site. Use this link to check [\(COVID-19\) symptoms - NHS](#). It is advisable to maintain social distancing if possible whilst spectating and wear a face mask if possible.

Arrival at RNAS Merryfield. Gates will open for attendees at 0900 except for members of the organising team. Do not to arrive at the site before this time and not to wait in the villages of Ilton or Rapps which are served by small and quiet access roads. Attendees are asked to be respectful to the local community by driving with care and consideration through their villages. Directions will be marked by yellow arrows.

Car Parking. Parking will be signposted and available east of runway 34 threshold. A team of marshals will guide attendees to the parking area. Traffic will arrive at the main entry gate and will be directed to runway 27 and then down runway 16, before being guided to the parking area. This is to avoid queueing at the main gate on public roads. **Please note the on-site speed limit is 15mph.** People with disability access requirements should make themselves known to a Marshal and will be directed to the Disabled Parking area.

Departure. Exit from the base will not be permitted until 1230 - exit will be via the Main Gate, using the Southern Taxiway. This is to avoid traffic issues in the villages of Rapps and Ilton. Re-joining the A358 can cause delays. Attendees are **STRONGLY** advised to turn left at this junction **even if heading to the M5 at Taunton** and use the roundabout to gain access to the west bound carriageway, it is an additional 3-minute drive but will be much quicker and safer for everyone in the queue behind you.

Registration. All competitors are to register at race registration at the times detailed in the table below, please wear a face mask when collecting numbers. Please allow plenty of time to park, register and warm up prior to the event. Race numbers can be collected from the registration desk at the following times: Please maintain social distancing when queuing.

Arrival time NOT BEFORE	Registration Open	Table	Race time	Age Group
0900	0930 to 1030	1+3	1100 1130	All U11s U13 Girls
0930	1000 to 1100	2	1145	U13 Boys
0945	1015 to 1115	3	1203	U15 Girls
1000	1030 to 1130	4	1222	U15 Boys
1030	1100 to 1200	1	1246	U17 Women
1100	1130 to 1230	2	1315	U17 Men
1115	1200 to 1300	3	1336	Senior Women
1130	1300 to 1400	1 and 4	1425	Senior Men

Race Numbers. These must be worn as issued and attached to the vest or T-shirt (not on shorts). Please bring your own pins. Club or County vests must be worn (apart from U11's).

Walking the Course. Please note that this is MOD property. There is no prior access to the site; access is limited to Sunday 2nd January for attendees. Attendees will be permitted to walk through the course whilst maintaining social distancing protocols but are to be clear of the course at 1045.

Please note RNAS Merryfield is a non-smoking site. Smoking is not permitted at any time whilst on the base. Smoking may only take place prior to entry or once you have left the site. NO DOGS ARE ALLOWED ON SITE.

Toilets/Changing. There will be portable toilets available but no changing facilities.

Refreshments. These will be on sale from an external vendor on site.

Results. Race results will be announced on completion of the race and posted on Social media. The results will also appear on the Athletics South West website and be sent to Power of 10 as soon as possible after the event. Printed copies will not be displayed to avoid overcrowding.

Medals. These can be collected from the registration area as soon as available. There will no formal presentations. This includes medals for County teams. All U11 finishers will receive a medal at the end of the race.

Event Details. The races will be competed over the following approximate distances.

South-West Cross-Country Championships 2022			
Proposed Timetable			
Age Group		Start Time	Distance
Under-11s	(Combined)	11.00	1850m
U13 Girls		11.30	2750m
U13 Boys		11.45	2750m
U15 Girls		12.03	3400m
U15 Boys		12.22	3400m
U17 Women		12.46	4750m
U17 Men		13.15	4750m
Senior Women	(plus U20/Masters)	13.36	6950m
Senior Men	(plus U20/Masters)	14.25	6950m

RNAS Merryfield - course layout for **England Athletics South-West Region Cross-Country Championships**
 Sunday 2nd January 2022

The loops are 'taped' by the hedge lines surrounding fields or within wooded areas.
 Thus minimal actual tape is needed but suggested is in red to designate corners.



Approximate Distances:

Start - A - B - C - Finish = Loop 1 = 1850m
 Start - A - B - C - D - Finish = Loop 2 = 2750m
 Start - A - B - C - D - E - Finish = Loop 3 = 3400m
 Finish - Start = join = 150m

Races Distances:

under13 = Loop 2 = 2750m
 under 15 = Loop 3 = 3400m
 under 17 = Loop 1 + join + Loop 2 = 4750m
 Seniors = Loop 3 + join + Loop 3 = 6950m

Finally on behalf of the England Athletics SW Regional Council can I wish you an enjoyable and safe day.