

South-West Inter-Counties T&F Championships 2018

Instructions for Avon Team Members

Numbers: Please collect your own competitor numbers on arrival. For a meeting of this scale, you will need to collect your numbers at least 1 hour before your first event.

Team Base: I will set up a team base in the main Grandstand, as close to the 100m-start end of the grandstand as I can get.

Vests: We will use the Avon AA vests (maroon with yellow diagonals), which the older athletes may well recognise from Team Avon matches, as we share the supply. Vests are on sale for £10 new, £5 used, or on hire against a £5 deposit.

Your Event: Track athletes need to report to the start area of their event 10 minutes before the scheduled start of their race (even if the meeting is running behind time). Field Event athletes need to report to their event site 15 minutes before the scheduled start time of the event (for Hammer throwers it's 30 minutes before, Pole Vaulters 45 minutes before).

To Venue: After trying various routes over the years, I recommend coming off at M5 J29 and heading into Exeter. After about 0.5 miles there is a major roundabout: turn right (signed Exeter Business Park). After about a mile or so, you will see the 'Pinhoe Hoard' pub on the left and an Aldi on the right: after about another 100 metres turn right at the traffic lights.

Follow this road: as the road gently rises, there is a small parade of shops on the right. Turn right through a gap in that parade (look for the black fascia of a kebab shop), then after 30 metres, go straight on (it's a junction that always scares me). Follow the road under the low railway bridge; after about 100 metres turn right into the stadium car park (unlike at SGS College, it's free!)

John Deaton (Acting T&F Team Manager)

john@johndeaton.co.uk

01793 874491

Mobile: I don't actually have one!