



# HIGH CROSS COUNTRY INVITATIONAL

## GPS V CAS

**Date:** Saturday 4<sup>th</sup> August 2018

**Location:** McKay and Mission fields, Centennial Park

**Times:**

**8.30am:** Walk the course

**9.00 am:** U14s race, with U16s and Opens to follow

**Ground Committee:** Mr Michael Sprat, Mr Mark Gainford

**Course Marshals:** Please let your runners know that there will be course marshals out on the course to assist in the smooth running of each race. The marshals will be instructed to note down any infringement they observe or of which they are informed and report the matter, either during or at the end of each race.

**Facilities:**

- There are changing facilities and fixed toilet facilities available at the ground.
- A water station will be provided on the course
- A BBQ will be provided.
- A First Aid person will be present for the duration of the races. 'Sideline Medical Solutions'

**Parking:** There is parking in the grounds of Centennial Park.

Please be mindful of cyclists and people using the parklands.

# COURSE MAP



All age groups race anti-clockwise and run full laps.

**Distances:**

**U14:** approx. 3.7km (2 laps of the course)

**U16:** approx. 5.5km (3 laps of the course)

**Open:** approx. 7.4 km (4 laps of the course)

**Recommended Footwear:** The course will contain a mixture of surfaces, mostly grass, and could be quite heavy underfoot. The runners will find the conditions unsuitable for spikes.

**Course Information:**

The course is a 1850m course (see map above). It is a very open all grass course with some gravel and small hill sections. At the Busby's Pond section of the course there is the possibility that part of the course may be wet and boggy; however, this is a very small section and unlikely to cause

Marshal	Role
1	Sharp turn around tree- check for no short cuts
2	Checking no runners take a short cut across field
3	At the roadway, ensure all runners turn left onto the track heading North along the equestrian fields
4	Checking no runners take a short cut across fields
5	Ensure runners run up the small hill to the Busby's Pond. Make sure there are no short cuts here
6	Make sure runners go follow the Busby's Pond
7	Ensure runners stay on pathway along the Busby's Pond
8	Ensure runners stay on pathway along the Busby's Pond and don't take a shortcut through the bushes

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