



Derbyshire Schools Cross-Country Championships 2023

Saturday 21 January 2023

Venue: Tupton Hall School, Station New Rd, Old Tupton, Chesterfield S42 6LG

Access to Course

The course start and finish are located close to car parks. There are no changing facilities at the school so all athletes are asked to arrive changed ready to run. The course will be challenging and muddy and is all on grass; it is an undulating course. Car parking will be very tight; we promote car sharing and if you choose to park in nearby streets, please be thoughtful and respect the local residents

Team Bases

These are close to the car park and will have signposts for each area as usual. Allow time to park; it will be very busy! You must arrive at the meeting point at least one hour before you are due to run.

Declarations

Team managers will meet athletes at the High Peak sign in the team base area. This will be clearly signposted and be beside the car park. Remember your 4 safety pins. Your team manager will provide a vest and number for your race. Remember suitable shoes/spikes and lots of warm clothes.

Teams

Please ensure all athletes wear their number on the front of their vest and it is attached by the 4 safety pins. There is a team competition in each race.

Refreshments

At the present time, we do not have refreshments available. We are still trying to sort this, but please plan accordingly!

Outstanding Achievement for All

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Timetable

9.45am	Declarations open
10.30am	Declarations close
10.45am	Year 7 Girls Race
11.05am	Year 7 Boys Race
11.30am	Junior Girls Race
11.55pm	Junior Boys Race
12.20pm	Intermediate & Senior Boys Race
12.45pm	Intermediate & Senior Girls Race

Remember that, if you finish in the first twelve positions in the junior and intermediate races, or a high place in the Senior races, you may be handed a letter inviting you to be a squad member for the ESAA Championships, to be held on Saturday 18 March 2023 at Wollaton Park, Nottingham. Athletes ill, injured or on international duty on the day of the County Championship may also be taken into consideration. To be considered, all athletes must have been entered into the championships. The team to represent Derbyshire will consist of up to eight athletes in each age group, except the Year 7 age group, which is not involved.

TIME	AGE GROUP	COURSE	DISTANCE (Approx)
10.45	Year 7 Girls	2 small laps	2,400m
11.05	Year 7 Boys	2 small laps	2,400m
11.30	Junior Girls	1 small lap 1 large lap	3,000m
11.55	Junior Boys	2 large laps	3,500m
12.20	Inter /Senior Boys	3 large laps	5,250m
12.45	Inter/Senior Girls	2 large laps	3,500m

