

Connaught Unevens & Novice Cross Country 2010

Venue: Paradise
Aka - Downtown Taughmaconnell, Co. Roscommon.

Date: Saturday 13th November 2010

Time: 1pm

Check in: 11.30am - 12.30am only.

Location: GPS: N53* 23.705 W 008*07.887

<http://maps.google.co.uk/maps?hl=en&ie=UTF8&t=h&ll=53.415671,8.144989&spn=0.05934,0.140419&z=12>

From Athlone:

Exit 13 off the M6, onto the R362 signpost Tuam- past the Athlone Springs Hotel, Taking Local road **L 2025 signposted Taughmaconnell for 7.8Km**, Arriving at village, turn **RIGHT** to church, and 100m past church to soccer pitch. This is the Check in with changing and shower facilities

From Ballinalsoe:

Through the town of Ballinasloe heading for Athlone /Dublin / M6 Taking the left turn outside of town- sign posted **N 63 / R 357- Taughmaconnell**. Turning left, where you will see a Community Centre- Past Centre for 100m to turn left into village, past church for 100m to soccer pitch. This is the Check in with changing and shower facilities.

From Roscommon Town:

Taking road to Athleague, Four Roads, Dysart, heading towards Ballinasloe. 6 km past Dysart, **Road 357 turning right to Taughmaconnell** where you will see a Community Centre- Past Centre for 100m to turn left into village, past church for 100m to soccer pitch. This is the Check in with changing and shower facilities.

First Aid: Being provided by Order of Malta- Paid by Connaught AAI. - Thank you.

Toilet facilities: Ladies and Gents facilities in the changing area

Additional portable toilets available –being paid for by Connaught AAI. - Thank you.

Changing Area:

There will be 2 separate changing facilities for males and 2 separate changing facilities for females available.

Check In:

In a separate room that is part of the changing area.

Car Parking:

Cars can park next to course on roadside and on the approaching road to course. Big Buses must park in the car park in the village, approx 100m walk to the course. Mini Buses can drop off athletes at course and return to the village to park their bus for the duration of the competition.

Results:

Displayed from the inside of the changing to the spectators outside.

Full copies of the results will be emailed to clubs by Tuesday the 16th Nov. 2010

Medal Presentation:

If Roscommon weather prevails for the day, presentation of all medals will be made at the end of competition at the soccer pitch. If the Mayo clubs bring their weather with them, the presentation will be moved indoors to the Community Centre located approx 1.8km from the course and which has additional car parking facilities. If the weather is bad, Athletes should shower, change and then move to the community Centre which will be open

Definition of a Novice Athlete:

A Novice at county level is an athlete who has not won an individual gold, silver or bronze medal or team gold medal at Novice, Intermediate or Senior at county, provincial or national level.

A novice at provincial level is an athlete who has not won an individual gold, silver or bronze medal or team gold medal at Novice, Intermediate or Senior at provincial or national level.

Thanks to:

Skyvalley Rovers Football Club: Use of their changing facilities.

Mr. Jackie Costello: Use of his land.

Qualification to National Championships.

Qualifiers from this competition to the national Championships, scheduled for the 19th December 2010 in Tullamore, who are not intending to compete, should have notified their club before the start of the competition. Clubs who have qualifiers who are not competing at national level **MUST** then notify the competition Secretary in order for the full compliment of Connaught Athletes to be represented in Tullamore.

The national championship for EVEN ages is scheduled for the 28th Nov in Derry.

Course: Athletes and coaches are asked to take care entering the venue during competition time. **Common Start and Common Finish.**

(A) **Small Lap** = 1500m – No Loops

(B) **Medium Lap** = 2000m - One loop

(C) **Big Lap** = 2500m - Two Loops

Age Group	Time	Distance	Course
Under 11	13.00	1500m	One SMALL lap.
Under 13	13.20	2500m	One BIG lap
Under 15	13.45	3500m	One MEDIUM lap and one SMALL lap
Under 17 Girls	14.15	4500m	One MEDIUM lap and one BIG lap.
Under 17 Boys	14.45	5000m	2 Big Laps.
Under 19 Girls	15.10	5000m	2 Big Laps
Under 19 Boys	15.30	7000m	One MEDIUM lap and two BIG laps
Novice Women	15.00 / 15.10	3000m	Two SMALL laps. Subject to entries could be run with under 19 girls. - Notification will issue before competition.
Novice Men	15.15	6000m	3 MEDIUM laps.