

LYG22 Cross Country Race Pack

Version 1



Saturday 19th November 2022 | Parliament Hill Fields
Race Information Pack

Timetable			
DESCRIPTION	TIME	LOCATION	EXTRA INFORMATION
Team Car Park Opens	08:30	East Heath Road NW3 1TH	Car park is a 15-minute walk to the race site
Team Registration Opens	09:00	On the path 50 metres from finish line	
Team Registration Closes	10:00	On the path 50 metres from finish line	
Team Manager Briefing	10:15	Bandstand in the Borough village	

All athletes must be at the start line 10 minutes before their race starts				
EVENT / RACE	START TIME	RACE DISTANCE	ROUTE	BIB COLOUR
Race 1 (U15 Female)	10:50	2K	Start Finish	BLUE
Race 2 (U15 Male)	11:05	3K	Start Finish	GREEN
Race 3 (U11 Female)	11:25	1.4K	Start Finish	PINK
Race 4 (U11 Male)	11:40	1.4K	Start Finish	WHITE
Race 5 (U13 Female)	11:55	2K	Start Finish	RED
Race 6 (U13 Male)	12:15	2K	Start Finish	YELLOW
Race 7 (U17 Female)	12:30	3K	Start Finish	ORANGE
Race 8 (U17 Male)	13:00	4.5K	Start Finish	PURPLE
Team Presentations	13:45	Bandstand		

To contact London Youth Games on the day please call: **07944414192** Please note this is for Team Managers use ONLY

NOTES

- Numbers must be worn on the front of the vest / t-shirt.
- We recommend that Team Managers assign a meeting point to meet upon arrival.
- Race registration is located in proximity to the athletics track, near the finish area. Team Managers ONLY need to register teams.
- Changing and shower facilities are available at the Lido, please note valuables are left at your own risk.
- ALL photographers must register at the information hut in the Borough village.
- All coaches, mini-buses and people carriers of six seats or more must register by Friday 11th November if they wish to park on the Heath and will be issued with a permit to display in their vehicle. Further information is included on the event guide under 'team parking' on the event page: [Cross Country - London Youth Games](#)

REGISTRATION

- Opens: 09:00, closes 10:00.
- Team managers ONLY are required to report to the registration desk to confirm the squad they have brought with them.
- Please inform the Registration Desk of any withdrawals and alternates.
- Please ensure you attend registration as early as possible after opening. Time will be required to distribute chips to your team, attach race numbers and complete medical information as well as raise any issues.
- At registration, each Team Manager will receive a **TEAM MANAGER PACK**. The contents in each pack will be:
 - Timing Chip: Chips will be distributed at Registration and are divided by borough and race.
 - Race number: Please complete all emergency details on the reverse and attach the race number on the front. This must be visible before entering the starting enclosure.

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TEAM MANAGER BRIEFING

- The briefing will take place at 10:15 at the bandstand in the Borough village. We ask that Team Managers ONLY attend the briefing. This will be a short summary of the details within this Race Information Pack and answering any on the day questions. All the information you will require is included in this Race Information Pack, so please read carefully.

STARTING CHECK

- All athletes should arrive at the start ten minutes prior to their race wearing:
 - Timing Chip
 - Race Number
 - Appropriate footwear should be worn. Short spikes or studs are recommended according to the ground conditions. Please note LYG Games Refs and the Competition Director will be making spot checks on the day.
- All three items will be checked when passing through this area on the way to the Start Line. If any athlete drops out of the race at any stage, please inform a race official or marshal immediately.

FINISHING

- Once over the finishing line athletes should take off their timing chip and return this to the race officials or deposit at the assigned drop off point. Once they have done this, they can leave the finish pen. The top 3 individuals will be presented with their medals at the end of each race, so should proceed quickly to the bandstand for the presentation.

RESULTS

- Results will be available after each race is complete via QR codes displayed around the venue. Overall London Youth Games results will be available online at londonyouthgames.org by Tuesday 23rd November. If any Team Managers have any disputes, please raise this with the referee at the time of the incident.

PRIZE GIVING

- Individuals who place 1st, 2nd or 3rd in their respective race will be awarded medals
- The three (or less) individuals who contribute to a boroughs race result will also receive a medal if their borough ranks 1st, 2nd or 3rd as a team in that race.
- A trophy will be awarded to the borough who accumulates the highest number of points across their best three races in each gender. Medals will be awarded to all competitors who represented their borough.
- Final Prize giving will take place at approx 13:45 at the bandstand. All athletes, Team Managers, supporters and volunteers are invited to attend the presentations. You must be present to collect your award.

SPECTATORS

- Spectators are welcome to support the athletes. The nearest train station is Gospel Oak.

MEDIA/PHOTOGRAPHS

- London Youth Games GamesForce photographers will be capturing the athletes. Invited press and adults are requested to register at the Information hut in the Borough village area. Please be aware that by attending the event, all attendees agree to have their image or likeness captured, and potentially used for business purposes as per our Media Policy. If you do not wish to be captured in any image, please make yourself known at the Information Hut.

LOST PROPERTY

- All lost property will be kept by London Youth Games for four weeks. If you find any lost property, please hand it in to the Information hut in the Borough village.

MEDICAL ADVICE

- If any of your athletes feel unwell, they must not race.
- An emergency first aid station will be located at the start/finish line. Participants who feel unwell should report to the nearest station. Accident / Incident report forms will be available here. All accidents must be reported.
- Please see page 7 for information on how to stay safe against ticks and Lyme disease.



	Route from the Car Park to Registration, Start & Finish and the Borough Village	1	Car/ Coach Parking	4	Borough Village and Bandstand
	Route to the toilets and changing rooms	2	Registration and Finish	5	Cafe
	Route to the Borough village from the toilets	3	Starting Enclosure <small>*except for U/11's races... U11s will start as noted on the maps (see p5) for those two races only.</small>	6	The Lido for Changing rooms and toilets

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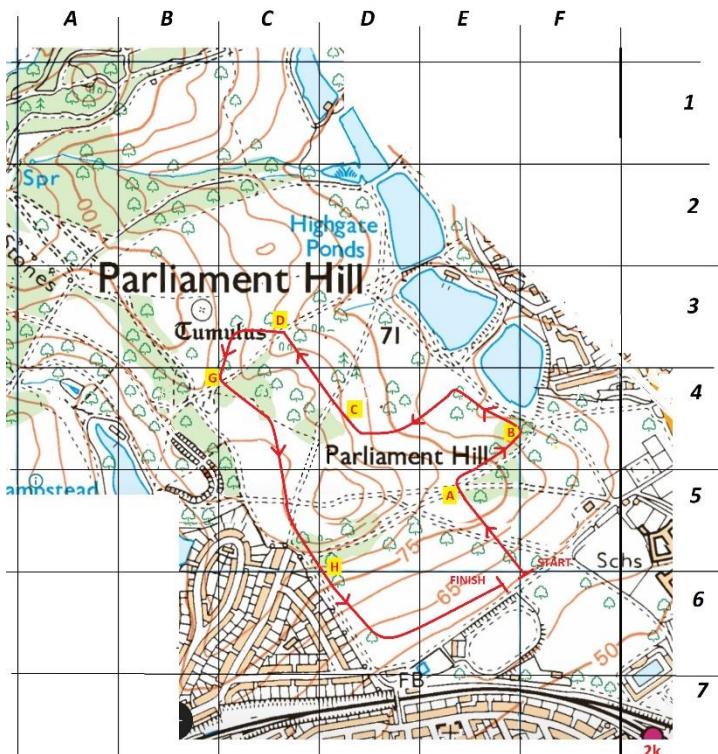


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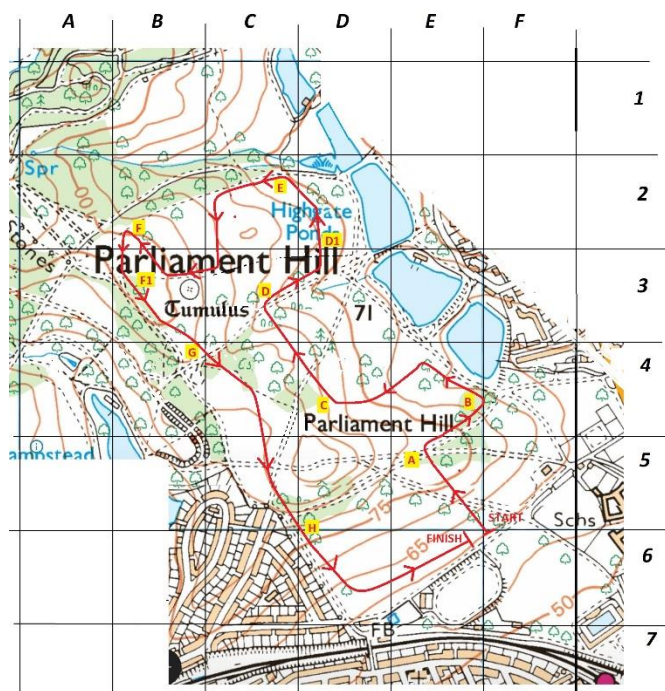
RACE MAPS

Courses are subject to change, and any changes will be communicated as soon as possible to Team Managers in advance of competition.

Race 1 – U15 Female (2K)



Race 2 – U15 Male (3K)

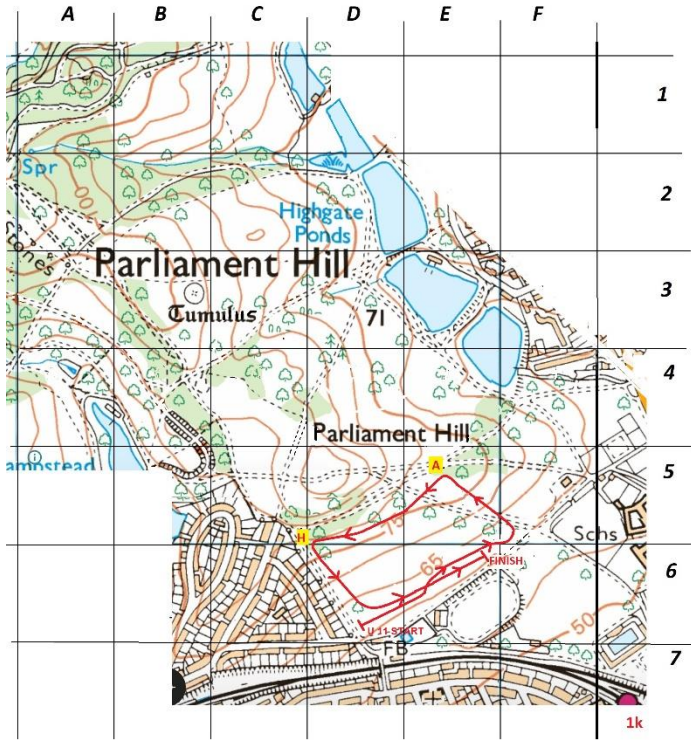


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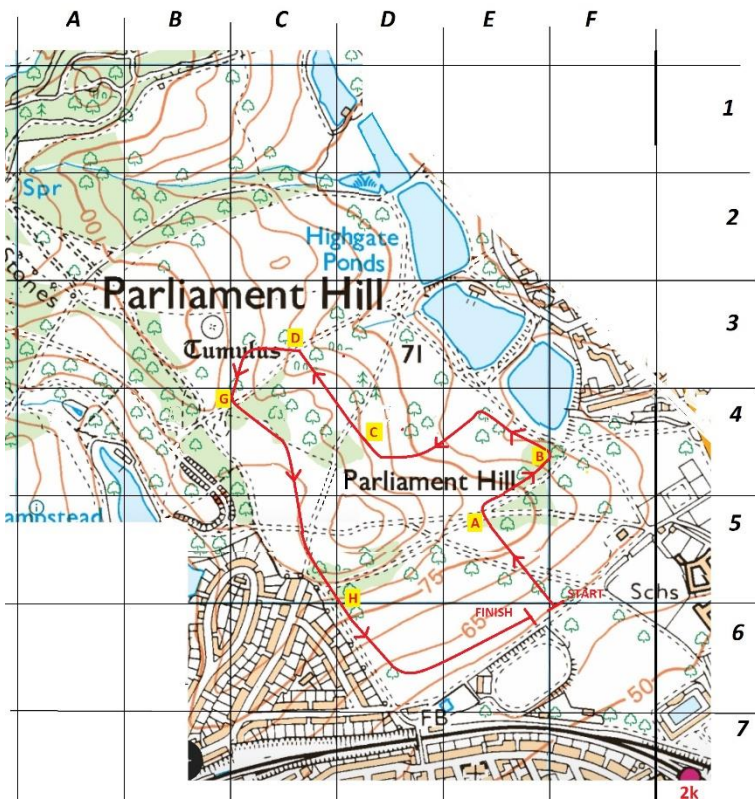
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Race 3 – U11 Female (1.4K) and Race 4 – U11 Male (1.4K)



Race 5 – U13 Female (2K) and Race 6 – U13 Male (2K)

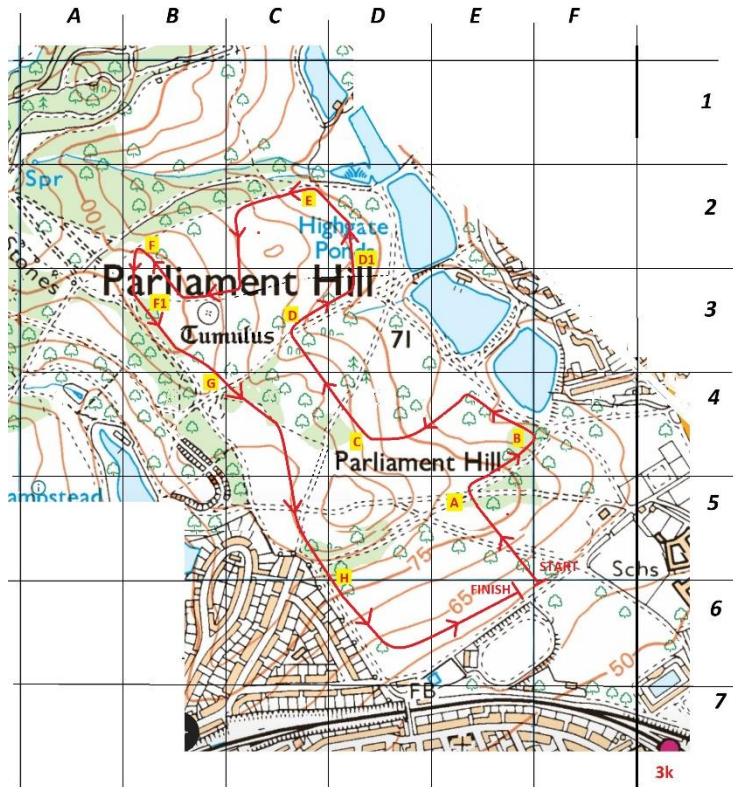


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Race 7 – U17 Female (3K)



Race 8 – U17 Male (4.5K)





Lyme Disease Action

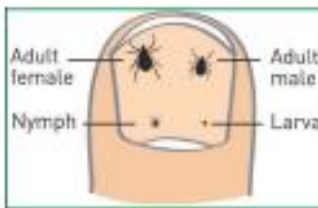
www.LymeDiseaseAction.org.uk

WATCH OUT! TICKS ABOUT!

RISK ZONES

- Woods
- Long grass
- Undergrowth
- Moors and heaths

...across the UK - town and country



Ticks are larger after feeding. Before that they can be as small as a full stop on this page.

TICK REMOVAL

- Do it as soon as possible
- **DO NOT** squash the tick or apply any creams, oils or heat to the tick (if you put a tick under pressure, you may pump its saliva and stomach contents into you!)
- Use a **tick removal tool** to ensure you remove all the tick
- Dispose of the tick down the sink, avoiding getting any tick fluids on bare skin
- Remember you have been bitten and see your doctor if you develop symptoms



LYME DISEASE

Some ticks carry Lyme disease and they can inject the bacteria into you when they take a meal of blood.

Symptoms may appear between 2 and 30 days after the bite and include

- Feeling unwell with 'flu-like symptoms
- Extreme fatigue
- Muscle, tendon or joint pain
- Muscle weakness
- Stiff neck
- Headache
- Disturbances of sight, hearing, digestive system or sleep
- A 'Bull's eye' rash. If you get a rash, photograph it for a record

Lyme disease is treatable with antibiotics: the sooner the better.



STAY SAFE

- Keep your legs and arms covered
- Try not to brush against vegetation
- Wear light clothing: ticks are easier to spot
- Check each others' skin for ticks after a walk: tick bites are painless and can go unnoticed
- Buy a tick remover from LDA, vet or pet shop

Lyme Disease Action

PO Box 235, Penryn, Cornwall TR10 8WZ, UK

Registered in England

Charity Number 1100448. Company Number 4839410

For more information and tick removers visit

www.LymeDiseaseAction.org.uk

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