

 Irish Life health

Irish Schools Athletics



Irish Life Health Munster Schools' Cross Country Championships 2017

12 Noon, 16th February 2017,
Tramore Valley Park, Cork

Irish Life Health Munster Schools XC 2017

Registration
Toilets
Dressing Rooms

First 3 teams and any athlete in the first 15 individual places qualifies for the Irish Life Health All Ireland Schools XC Championships at Mallusk near Belfast on Saturday 11th March.

Timetable

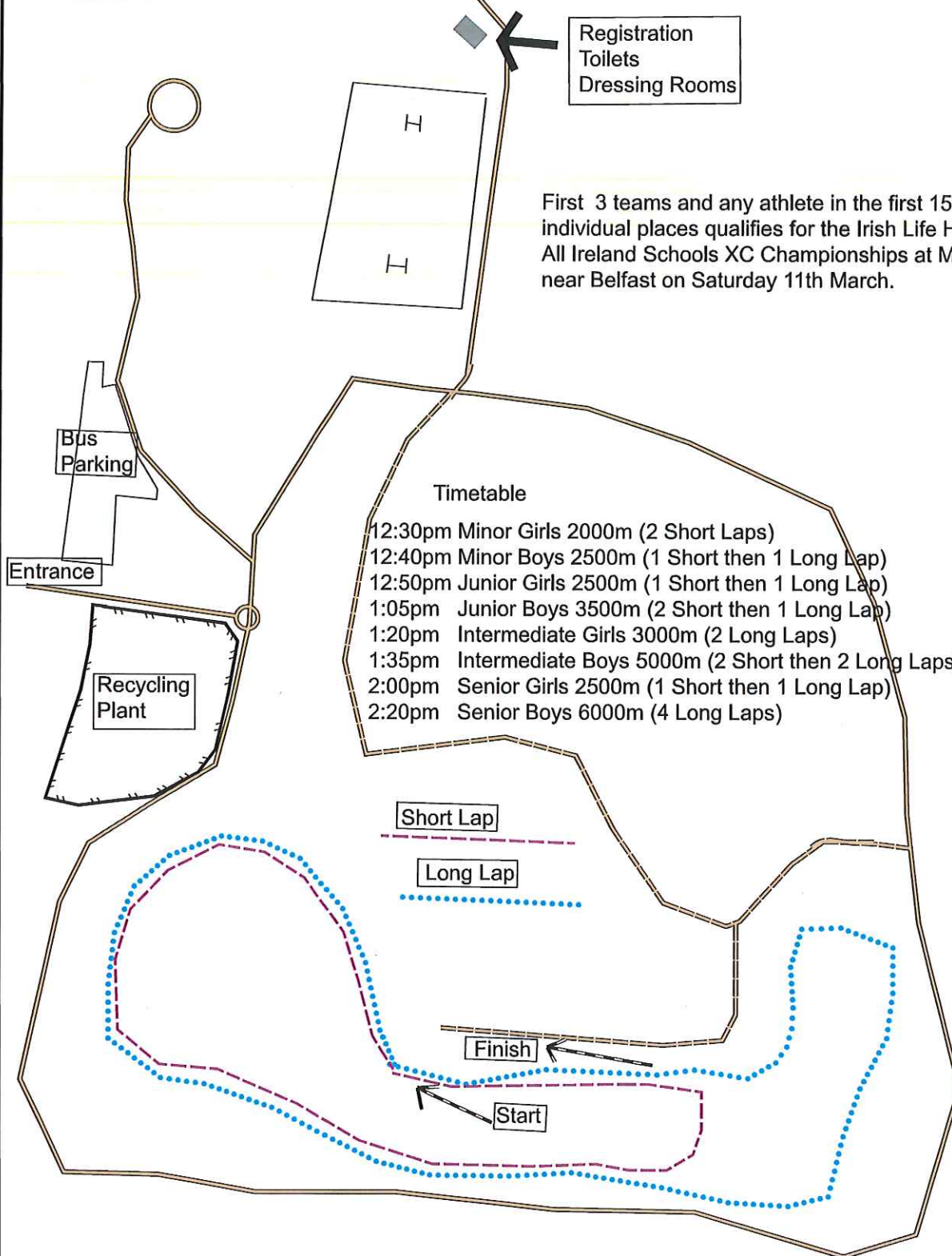
- 12:30pm Minor Girls 2000m (2 Short Laps)
- 12:40pm Minor Boys 2500m (1 Short then 1 Long Lap)
- 12:50pm Junior Girls 2500m (1 Short then 1 Long Lap)
- 1:05pm Junior Boys 3500m (2 Short then 1 Long Lap)
- 1:20pm Intermediate Girls 3000m (2 Long Laps)
- 1:35pm Intermediate Boys 5000m (2 Short then 2 Long Laps)
- 2:00pm Senior Girls 2500m (1 Short then 1 Long Lap)
- 2:20pm Senior Boys 6000m (4 Long Laps)

Short Lap

Long Lap

Finish

Start



Irish Life Health Munster Schools Cross Country Championships
Tramore Valley Park Thursday February 16th 2017

Final Information

- 1 **Directions:** Tramore Valley Park is located at the Kinsale Road Landfill Site on the eastern side of the South Link Road (N27) Cork City. **NB. There is no right turn off the South Link dual carriageway going from the Kinsale Road roundabout to the city centre.** On the assumption that the majority of schools will be using the Cork South Ring (N40) by pass road the Park is best accessed as follows:
 - a) Exit the N40 at junction 6 (Kinsale road roundabout) - also labelled exit for Airport
 - b) From the west keep moving into the series of left hand lanes as it is safe to do so - you need to be in the left-hand lane at the roundabout. At the roundabout take the first exit signed 'Turners Cross'. Continue on this road for 350m to the next set of traffic lights moving into the right-hand lane. Turn right here (Mick Barry Road) moving into the left-hand lane. Stay in this lane (which becomes the middle of three lanes near the next junction) until the next set of lights. The entrance to the Park is straight across the dual carriageway (N27) signposted Kinsale Road Landfill Site.
 - c) From the east (Jack Lynch Tunnel) after exiting the N40 at junction 6 go into the left-hand lane this becomes three lanes as you approach the roundabout, stay in the middle lane indicating right. Turn right under the flyover staying in the (now) left hand lane. Take the next exit off the roundabout signed 'Turners Cross'. Continue on this road for 350m to the next set of traffic lights moving into the right-hand lane. Turn right here (Mick Barry Road) moving into the left-hand lane. Stay in this lane (which becomes the middle of three lanes near the next junction) until the next set of lights. The entrance to the Park is straight across the dual carriageway (N27) signposted Kinsale Road Landfill Site.
 - d) If you miss the exit and find yourself on the N27 heading into the city centre **Do not under any circumstances attempt to turn right at the traffic lights.** Proceed through the lights and take the next exit marked Turners Cross Douglas. Turn right at the top of the slip road pass over the N27 and turn right immediately to get back on the N27 you will now be able to turn left into the site
 - e) Travelling from the city centre follow the Quays Eastbound past the main Bus Station. At the T junction turn right and follow the signs for the N27 The Kinsale Road Landfill Site is easily accessed off the South Link Road (N27), turning left at the lights near the Black Ash Park and Ride.
 - f) **There will be no direction signs erected on any of the major roads around the Park**
- 2 Once inside the Park after 100m turn left at the mini-roundabout and follow directions to parking.
- 3 Buses will be located at the regular car park very close to the Cork City Council offices on the site. These offices and buildings are strictly out of bounds to the public.
- 4 Due to conditions imposed by Cork City Council there will be very restricted car parking on the dirt track at the top of the dome. This is reserved for officials and spectators with limited mobility – only those on a named list will be allowed access. Cars will be parked at various areas all within 300m of the course.
- 5 A strictly no smoking policy applies within all areas of the Park
- 6 Copses of very young trees have been recently planted around the Park. The cross-country course meanders through some of these trees. Spectators and athletes are asked to be mindful not to cause any damage and respected taped areas.

- 7 The underfoot conditions will be extremely heavy this year. Athletes (and their coaches) are advised to ensure that racing footwear is very securely laced up.
- 8 Registration for number collection will be open from 11am. It will be located at the northern end of the Park beyond the rugby pitch. Teachers/coaches should ensure that their athletes' wear the correct number assigned to the name and use 4 pins.
- 9 Limited changing facilities will be available alongside registration. Toilets are also located here.
- 10 Programmes will be on sale at a cost of €2.
- 11 The first race commences at 12:30pm. Information on timetable, distances, number of laps etc is contained in the attached Course Map.
- 12 Medals for the first 6 individuals will be presented to the athletes at the finish. To ease pressure exiting the park at the end of the day team medals will be available for collection immediately the results of each race are confirmed.
- 13 Any runner who finishes in the top 15 individual places along with the first 3 teams in each race qualify for the Irish Life Health All Ireland Championships which this year is being held at Mallusk Playing Fields Belfast on Saturday 11th March
- 14 It's very likely there will be some minor delays in exiting the Park afterwards. Please be courteous and cooperate with the traffic stewards – priority will be given to Cork City council workers and customers at the recycling centre.