



Neville Jones Schools Cross Country 2024 Event Guide

Warrington AC

Walton Hall & Gardens

Saturday 28th September 2024

Saturday 14th December 2024





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Event Timetable & Information

Timetable:

10:15	Year 4 Girls	1 Lap
10:35	Year 4 Boys	1 Lap
10:55	Year 5 Girls	1 Lap
11:15	Year 5 Boys	1 Lap
11:35	Year 6 Girls	1 Loop + 1 Lap
11:55	Year 6 Boys	1 Loop + 1 Lap
12:15	Secondary School – All	2 Laps

Awards

Individual Awards: Medals will be awarded to the top 3 athletes in each race. For the secondary school races this will be split into each age group (Minor, Junior & Intermediate) and gender.

Team Awards: Team points will be awarded to each school who has a completed team (3 athletes who finish) across the two races for the team awards. Schools will also have the opportunity to have points bonuses awarded where they provide volunteers to marshal on the day. Each marshal will be awarded 4 points, and each school can have up to 2 marshals to score points. Don't forget races will be cancelled if there aren't enough marshals to run the event safely!

Rules

The Neville Jones Schools Cross Country is run under UKA Rules for competition. In addition to UKA Rules the following rules also apply:

1. The starting and finishing funnels are considered part of the course.
2. All athletes, parents, and school staff shall follow the UKA code of conduct, failure to do so may lead to an athlete being disqualified from competition and where appropriate schools being disqualified from competing in future events.
3. Results envelopes must be returned to the Race HQ gazebo within 15 minutes of the race finishing in order for team results to be counted.





Course Map:

Loop:

Start – A – B – N – O – P – Q – R – S – Finish

Lap:

Start – A – B – C – D – E – F – G – H – I – J – K – L – M – N – O – P – Q – R – S – Finish





Join Warrington AC:

Established in 1884, Warrington Athletics Club has provided the athletes of Warrington and beyond opportunities to develop on the track, in the field, over cross country and on the roads for 140 years. Over the years Warrington AC athletes have represented the club, and country on the global stage. Athletes work with our dedicated coaching team to strive for greatness every day!

The club is always on the lookout for new talent, across a range of different Track, Field, Road and Cross-Country disciplines. We have organised club sessions for athletes 8 years old and upwards running weekly. If you'd like to find out more or would like to join, then head over to <https://warringtonac.co.uk/club-information>





Respecting Our Volunteers:

The Neville Jones Schools Cross Country League is delivered entirely by volunteers who give up over 150 hours to make each race possible. Without these volunteers there would be no race for athletes to partake in. Warrington AC expect all athletes, parents, and school staff to follow the instructions of the event volunteers and follow the respective code of conduct. Failure to do so may result in individuals or schools being unable to take part in future events.

CODE OF CONDUCT: CHILDREN AND YOUNG PEOPLE

(under 18 years)

As a child or young person under 18 years, I have the right to:

- be safe and protected
- be listened to
- be respected and treated fairly
- be believed
- ask for help
- be coached by someone who has the right qualifications.

As a young athlete, I will respect the code of conduct and I will:

- be friendly and supportive to other athletes
- keep myself safe
- tell my coach if I am ill or injured
- report inappropriate behaviour or risky situations to an adult
- compete fairly and respect other athletes and officials
- respect the rules of my club
- behave and listen to all instructions from my coach and officials
- take care of equipment owned or provided by the club or training facility
- not use bad language or take part in inappropriate or illegal behaviour
- not bully anyone or pressure them to do things they do not want to, including online
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- keep to agreed timings for all club activities
- tell my parents/carers where I am or if I'm going to be late
- not use my mobile phone during training, competitions or in changing rooms
- not carry or consume alcohol or illegal substances while training or competing in athletics
- use safe transport or travel arrangements.
- I recognise that I am bound by the UKA Anti-Doping Regulations, and submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. UK Anti-Doping Rules apply to all member participating in athletics for a minimum of 12 months from the commencement of membership whether or not the member is a citizen of, or resident in, the UK. Any athlete wishing to retire from the sport of athletics must put this in writing to the club and their Home Country Athletics Federation (Athletics Northern Ireland / England Athletics / Scottish Athletics / Welsh Athletics) and cancel any applicable membership. Official retirement will remove the athlete from being under the auspices of UKA's Anti-Doping Rules.



5. CODE OF CONDUCT: PARENTS/CARERS

As a responsible parent/carer of an athlete aged under 18, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- demonstrate respectful behaviour at all times
- set a good example and encourage my child to learn the rules of the sport and compete within them at all times
- help my child to recognise good performance and not just results
- make athletics fun
- never force my child to take part in sport if they do not want to
- never punish or belittle my child for losing or making mistakes
- use correct and appropriate language at all times
- check the qualifications and licences of people who are coaching or managing my child, or offering a service connected to athletics such as physiotherapy, massage or nutritional advice
- know exactly where my child will be and who they will be with at all times
- assume responsibility for safe transportation of my child to and from training and competition
- return any necessary written consent forms to the club/team manager or appropriate person, including next of kin details, health and medical requirements before my child goes to any away events or trips
- provide any necessary medical information and medication that my child needs for training or trips away
- report any concerns about my child's (or any other child's) welfare to the Club Welfare Officer or National Welfare Officer. (This does not affect your right to contact your local Social Services or the Police if you feel it is necessary)
- in no way undermine, put down or belittle athletes, coaches or practitioners.

GOOD SPECTATOR BEHAVIOUR

I understand that inappropriate pressure on children and poor behaviour of adult spectators can sometimes make children drop out of sport. I accept that this code promotes good spectator behaviour, and understand that if I verbally abuse children, coaches or officials, action will be taken.



7. CODE OF CONDUCT: VOLUNTEERS (EXCLUDING LICENSED COACHES AND TECHNICAL OFFICIALS)

Volunteers are the lifeblood of athletics and they play a crucial role in clubs and at events. Some volunteers will be more involved in a club or event than others and responsibilities will vary, but regardless of the role, there is a need for all volunteers to recognise and understand that there are shared standards of behaviour to which they must comply, and which are in place to protect all participants and promote participation for fun and enjoyment.

As a responsible volunteer, I will:

- abide by the UKA and the HCAF Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the UKA and the HCAF Adult Safeguarding Policy and Adult Safeguarding Procedures
- ensure that where my role requires, I have obtained an acceptable criminal record check (DBS/ Disclosure Scotland/Access NI) (Access to particular roles will be denied to anyone who does not have an acceptable criminal record check or who refuses to share the certificate with UKA or the HCAF when required)
- ensure that activities I arrange or support are appropriate for the age, maturity, experience and ability of the individuals involved
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers and representatives of the governing body
- in no way undermine, put down or belittle other officials, athletes, coaches or practitioners
- consistently promote positive aspects of the sport (e.g. fair play) and never condone rule violations or adopt or encourage the use of prohibited or age-inappropriate substances or techniques
- never engage in the massage of an athlete under the age of 18 years. I understand that I require an up-to-date and recognised qualification in sports massage or another relevant qualification from a recognised body or authority to engage in the massage of an athlete over 18 years
- follow the relevant guidance on social media use and not post on social media any content which is inappropriate or offensive
- avoid swearing, abusive language and irresponsible or illegal behaviour, including behaviour that is dangerous to me or others, acts of violence, bullying, harassment and physical and sexual abuse
- avoid destructive behaviour and leave athletics venues as I find them
- not carry or consume alcohol or illegal substances while volunteering in athletics
- avoid carrying any items that could be dangerous to me or others, excluding athletics equipment used in the course of my athletics activity
- challenge inappropriate behaviour and language by others and report any suspected misconduct by other coaches or other people involved in athletics to the club, HCAF/UKA Safeguarding Team as soon as possible
- volunteer my time without discrimination on grounds of age, gender, sexual, cultural, ethnic, disability or religious preference
- respect the rights, dignity and worth of every person and treat everyone equally, regardless of background or ability
- report any accidental injury, distress, misunderstanding or misinterpretation to the Club Welfare Officer as soon as possible
- never exert undue influence to obtain personal benefit or reward
- develop healthy and appropriate working relationships with athletes and other volunteers based on mutual trust and respect, especially with anyone under 18 years or who are adults at risk
- never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with anyone under 18 years of age
- never incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with an athlete who is an adult at risk coached by me or under my supervision
- not use my position as a volunteer to incite or engage in sexual activity, inappropriate touching or communication (in person or social media or any other form of verbal or non-verbal communication) with athletes under my supervision who are aged over 18 years
- avoid spending time alone with young athletes (under 18) unless clearly in the view of other adults