

Cork Post Primary Schools Cross Country Introductory Races

Thursday 5th December 2024 Slieveroe, Riverstick (Eircode P43 RN33)

Final Information for Teachers

Thank you for your Cork Schools Cross Country entry.

Anybody unfamiliar with the roads approaching the course would be well advised to check out the travel directions in advance of departure from the school.

The location is the Cork County AAI Board's cross-country ground at Slieveroe (townland). The course can be approached either via Riverstick or Carrigaline. The nearest Eircode is P43 RN33

In a change with the previous regular **route from Riverstick**, due to the unsuitability for buses, signage will direct buses (and cars) to continue through Riverstick towards Belgooly. After 2 miles from Riverstick and 1 mile before Belgooly take a left onto the L3209 road. The course is 3.5 miles further on to the right off this road.

There will be no direction signs for cars drivers on the shorter but narrower route from Riverstick.

The course is 4 miles from Carrigaline. Travelling from Cork City go through the main street of Carrigaline and veer right at the end of Main Street onto the R611 Belgooly road. After 2 miles the start of the event signage will direct traffic to the right on to the L2494. The course is 2 miles further on to the left off this road.

Parking for busses will be on hardstanding ground. Cars will be parked on grass. Bus drivers wishing to drop and go will still have to drive into the venue before off-loading their passengers inside the entrance gate.

Before your athletes leave the comforts of the school environment on the morning of the event, they should be reminded that very limited toilet facilities will be available at the course.

Registration will be located near the containers and portacabins. Here you can pay the €3 entry fee for each participating student. Only athletes from schools currently affiliated to the ISAA may compete.

The course will be a 1000m lap. First race at 1:00pm sharp will be for First Year Girls 1000m followed by 2nd/3rd Year Girls 1000m, 4th/5th/6th Year Girls 1000m, First Year Boys 1000m, 2nd/3rd Year Boys 2000m and the 4th/5th/6th Year Boys 3000m.

It is anticipated the 6 race programme will be completed before 2:15pm.

Medals will be presented to the first 20 individuals after they cross the finish line. There will be no team prizes on this occasion.

Results will be published asap on the South Munster schools athletics site at <https://www.southmunsterschoolsathletics.org/> and the Cork Athletics site at <https://www.corkathletics.org/>

Medals are kindly sponsored by Cork County Board AAI.

Next event will be the South Munster Cross Country Championships on Thursday 30th January 2025 at Tramore Valley Park.