

South Munster Schools Cross Country Championships

Date: Thursday 30th January 2024
Venue: Tramore Valley Park, Cork City (**Eircode T12 AE86**)

Directions: Tramore Valley Park is located at the old Kinsale Road Landfill Site on the eastern side of the South Link Road (N27). **NB. There is no right turn off the South Link dual carriageway going from the Kinsale Road roundabout to the city centre. There will be no directions signs erected on any of the approach roads to the venue.**

- 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

Information

- 1 Once inside the Park after 100m turn left at the mini-roundabout and follow directions to parking.
- 2 Buses will be located at the car park very close to the Cork City Council offices. These offices and buildings are strictly out of bounds to the public.
- 3 Cars can be parked at any one of the three car parks as space is available
- 4 Registration will be open from 11:00am. It will be located at the northern end of the Park near the Toilets and dressing rooms. Teachers/coaches should ensure that their athletes' wear the correct number assigned to the name. The number should be attached to the singlet with two safety pins **either side** of the number (not top and bottom). Individual's numbers will only be given to athletes from a school with less than 5 entries. Each school is expected to have a designated person (teacher or parent) to collect the numbers for their athletes.
- 5 Holders of perpetual cups should return these to registration before 11:30am.
- 6 On the instructions of the Park Management tents are not allowed to be erected on the grounds.
- 7 The first race commences at 12:00pm. Information on timetable, distances, number of laps etc is contained on the 'Course Map' document
- 8 Medals for the first six individuals will be presented to the athletes at the finish. Team medals will be available at the tent near the finish line as soon as team points are calculated. In girls races a team score is calculated by add the finishing position of the best three finishers (up to 8 get medals). In boys races the best four positions are added (up to 8 get medals).

**Qualifiers for Munster Championships at Tramore Valley Park on the 15th February:
First 4 teams in each grade and any athlete who finishes in the first 15 in each race.**
