

TRAFFORD ATHLETIC CLUB
CROSS COUNTRY RACES FOR SCHOOLS
2026/27

SAT SEPTEMBER 26TH SAT NOVEMBER 21ST

SAT DECEMBER 5TH

SAT JANUARY 30TH RELAYS 11am Start

VENUE – LONGFORD PARK, STRETTFORD

AGE GROUPS YEAR 5 BOYS AND GIRLS

YEAR 6 BOYS AND GIRLS

YEAR 7 BOYS AND GIRLS

YEAR 8/9 COMBINED, BOYS/GIRLS

YEAR 10/11 COMBINED BOYS/GIRLS

SECONDARY RACES START 10.30 AM

YEARS 8/9/10/11 ALL RUN TOGETHER AT 10.30AM

PRIMARY RACES START 11 AM

AWARDS FOR FIRST 3 INDIVIDUALS , FIRST 3 TEAMS (3 TO COUNT)

PLEASE NOTE RACES MAY BE HELD ENTIRELY ON GRASS, OR A MIXTURE OF GRASS AND TARMAC, WHEN SPIKES ARE UNSUITABLE. ALL WEATHER DEPENDENT.

NO PRE ENTRY REQUIRED, JUST TURN UP ON THE DAY

QUERIES TO SUE EXON sueexon@hotmail.co.uk

CROSS COUNTRY RISK ASSESSMENT CHECKLIST

Trafford Athletic Club Races for Schools

1.1	Parking	Normal parking facilities at Longford Park
1.2	Registration	Clubhouse Corridor
1.3	Covered accommodation	Clubhouse Corridor, Stand
1.4	Toilets	In Clubhouse
1.5	Refreshments	Café open
2.	THE COURSE	
2.1	Start -	On the Track, at 1500 start
2.2	Finish	On the Track at 100 finish
2.3	Layout (athletics track, tarmac in Park, grass in park, return same way to finish on Track)	Distance, 1500/2000 depending on age. Either one or two loops on the grass!
2.4	Surface problems (tarmac, deep mud, etc) *	Grass, mud, very soft if rain retention. Some turns needing adjustment, according to wear and tear and degree of mud. Person allocated to monitor throughout the event. Marshalls on course. Course marked with tape. Adjustments to be made due to adverse conditions such as Ice. If the Track/tarmac is icy, the Start/Finish likely to be moved onto the Grass area and the course adjusted accordingly. Appropriate footwear should be worn for the conditions eg shoes with extra grip in muddy conditions, spikes when wholly on grass
2.5	Obstacles	Any debris removed when course is set out.
2.6	Risks from animals	None, unless dogs unleashed.
2.7	Risks from vehicle access	None on this traffic free course.
2.8	Other nearby activities e.g. football	None near the course route.
2.9	Water risks	The field could retain water with puddles if heavy rain.
2.10	Other risks e.g. cliffs, barbed wire *	None
2.11	Persons crossing the course	Marshalls used at crossing points. Races lead by "guide" runner. Sweep also provided.
3.	PERSONNEL / EQUIPMENT	
3.1	First Aid / Medical Arrangements	First aid provided, based near Start/Finish. First Aiders qualified.
3.3	Athletes	Recommended age of athletes is Year 5 upwards. Younger athletes are not excluded, but appropriate adults should assess the suitability of the event for their participation.
3.4	Course marshals and officials*	1 at each junction / turn + start/finish

A Course Map will be on display at Registration

N.B. Athletes mostly travel with parents/Schools .

Person carrying out the Assessment -----Sue Exon_____