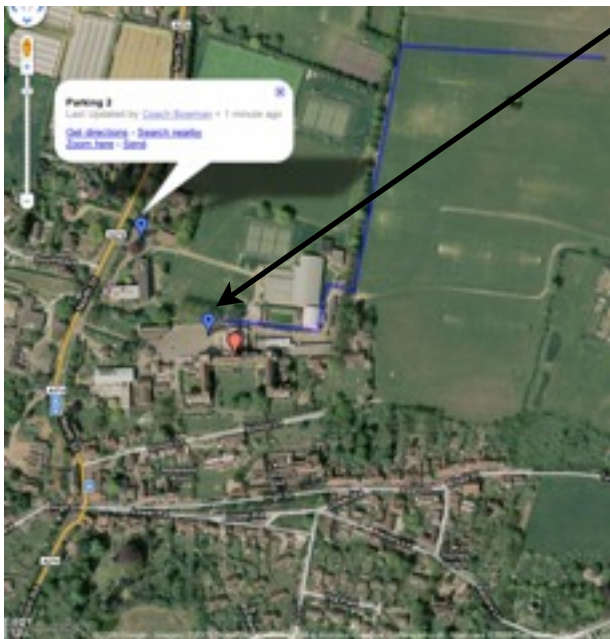




Access Instructions for Sutton Valence School Track

When notified to do so by your coach here are the instructions for accessing the athletics track at Sutton Valence School. The post code is ME17 3HL



Drop Off / Park at the unlabeled blue place marker. Walk the blue route past swimming, left after Maths & ICT. Right after 2 CCF huts. Into grass field follow lighting bollards on grasscrete path to tarmac path, turn right. Parking 2 (labeled) used only if other is full.

Grasscrete path will be muddy in winter rain. Bring change of shoes or clean yours before using the track.

No chewing gum inside the perimeter fence.
No sugary drinks on the red surfaces.
No food to be consumed outside club house.
If in spikes 6mm max length, no mud.
Clean shoes before moving from throws field to outside track.

Track rules

Lane 1 not to be used for training. All warm ups to be in lane 8 counter clockwise or otherwise on grass loop (summer).

Lane allocations - 2&3 repetitions, 4-7 hurdles (back straight), 4-7 sprints (home straight).

Lanes 4-7 on either bend or High Jump D for miscellaneous training.

There is one HJ for training / competition.

Pole Vault bed on the D to be used for training.

LJ/TJ pits on the home straight side to be used for training.

SP on the home straight side to be used for training.

DT/HT lock the cage after use.

All equipment in the outer section of the store is for training except for hurdles on large trolleys which are for competition use only. Other competition equipment is inside the cage.

No parking at the village hall car park or access to the track via the lane to Highcote. This is expressly forbidden in the lease agreement and club disciplinary procedures (leading to termination of membership) will be instituted for any infringements of this rule. If the Main car park is full use San (near the main entrance gate) or Cornwallis (100m up the hill from the Main gate)

Further information from Chris Bowman 07970 544 324