

LONGMYND VALLEYS

English Champs Race; 25/03/2017

Competitor Briefing



Car parking is behind Church Stretton School, 54 Shrewsbury Road, SY6 6EX. Please do not anywhere else! There will be parking on hardstanding for minibuses only in the school car park.

Registration will be at the school from 10am (9:45 for runners on early start only).

The registration desks are in the main school hall, to the right as you go into the building. There will be three desks but you can go to any desk. You will be issued with your number and your dibber at the main registration desk. There will be a separate desk to the right of the registration desks for attaching your dibber to your wrist. We will not be allowing you to use your own dibber. Once you have your number and dibber please move away from the desks to the stage area where there will be maps on display and any important late notices. Toilets are available in the school.

The route is as shown on the current version of the Pete Bland / Harvey maps race map. The current version can be identified because the copyright notice is dated 2015. Older maps will not show the correct route. The checkpoint descriptions, grid references and cut-off times are as below:

CP No.	Location	Description	OSGR	Cut-off
Start	Cardingmill Valley	Path / road junction	444 944	(Noon)
CP1	Jonathan's Hollow	Stream Bend	446 964	n/a
CP2	Boiling Well	Road Track Junction	422 945	n/a
CP3	Ashes Hollow	Stream Junction	423 932	n/a
CP4	Callow Hollow	Stream Junction	416 924	n/a
CP5	Minton Batch	Stream junction	408 920	n/a
CP6	Windy Batch	Stream junction	418 909	13:45
CP7	Nills	Ridge below summit (425m contour)	433 925	n/a
CP8	Ashes Cottage	Stile	439 926	14:30
CP9	Yearlet	Summit cairn	436 935	n/a
Finish	Cardingmill Valley	Path by top Car Park	440 948	15:00

The start is in Cardingmill Valley- turn left outside the school, then take the first road on the right. Cross the cattle grid and the start is around 300m further up the valley. There are toilets just beyond the National Trust Pavilion, about 200m up the valley from the start.

At the start there will be a pen for the race briefing and kit check – you should all be in the pen 5 minutes before your start time. You will have to dib in one of the dibber stations at the entrance to the pen. It's therefore very important that you do not jump over the tape into the pen without dishing. There will be a short briefing during which we ask you be quiet and listen – there will be important safety information. Be entirely clear that YOU alone are responsible for your safety and you must be capable of navigating your way around the course... When the briefing finishes you will be released from the pen to the start line.

LONGMYND VALLEYS

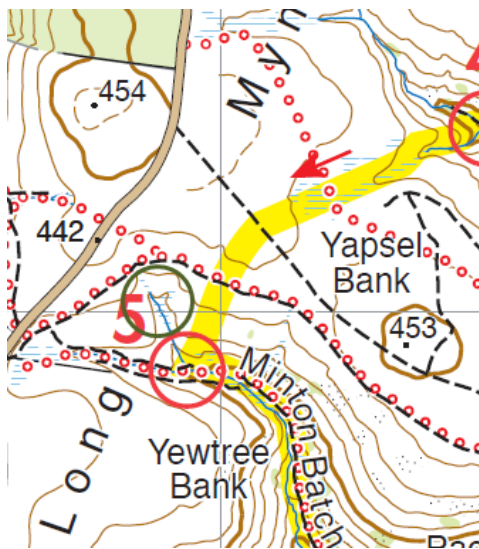
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On the course you will have to dip at all the checkpoints apart from CP1. The station will beep and flash when you dip your dibber. THIS IS YOUR RESPONSIBILITY and not that of any marshals. Not all of the checkpoints will be marshalled.

PLEASE TAKE EXTREME CARE on the road approaching and at CP2 It would help greatly if EVERYONE runs on the LEFT hand side of the road and crosses just before the cut-off path.



CP5 will be manned. The CP location is as shown on the map extract here in GREEN and is NOT at the location shown on your Pete Bland / Harvey map (red on the map extract). We have had to move it to ensure there is good mobile phone coverage for the SI Timing Safety Monitoring relay - apologies. We will accordingly be flagging a line from the top of the previous climb (roughly the end of the re-entrant) to CP5 with bamboo canes and red and white tape.

For the avoidance of doubt, anyone missing CP5 in error due to the change in location will be penalised by 5 minutes. Anyone found to be trying to gain a racing advantage by missing CP5 will be disqualified.

Just beyond CP5 there is a short section of boardwalk. This is in poor condition and is very slippery – there is chicken wire on the surface but it is a hazard to runners in studs – the line to the left of the boardwalk is safer. Your call.

CP6 will be manned and there will be a cut-off at 13:45. Runners arriving late will be instructed to return to the FINISH via the road. There will be no exceptions and anyone refusing to comply will be subject to the disciplinary process.

From CP6 the route is unrelentingly steep with three climbs and three descents to the finish. Each climb is more severe / sustained than the previous one.

The line from the head of Small Batch to CP7 (Nills Summit) will be flagged – please stick to this to avoid damage to environmentally sensitive areas. At CP7 if it's clear most of you will see runners climbing Yearlet in front of you. If you aim directly for them you will miss CP8 and be disqualified. Head right and follow a very fast trod down to CP8.

CP8 will be manned and there will be a cut-off at 14:30. The checkpoint is at the bottom of a steep descent so please exercise a little caution and common sense when dibbing. There will be three stations here and at the final CP on the summit of Yearlet to avoid congestion.

The last 200 yards to the finish are very steeply downhill – please look at these and ensure you know where the finish is relative to the final descent. YOU MUST DIB AS YOU FINISH!!! The timing is by the dibber, not by the finish marshals. Go through the funnel and follow marshals and signs which will

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direct you to the right and down the valley road towards the Pavilion. Download is at the back of the tearoom past the toilets. **DO NOT FORGET TO DOWNLOAD YOUR DIBBER** and give it back. This is an essential safety requirement of the event and avoids an un-necessary search. Failure to hand back your dibber will incur a charge of £30 and could disqualify you from taking part in a future event. You obviously won't be eligible for prizes or to count for your team if we don't have your times... Report any racing issues to the RO at download please.

First Aid Kits will be available at CP2, CP5, and CP8 on the course and at the start and finish.

GOLDEN RULE: All retirements and timed out runners must return to the FINISH by the quickest practicable low-level route. Once the finish team have recorded your number you must go to download to have your dibber removed.

After the race, go straight to download where you will receive a small printout showing your checkpoint splits. The National Trust café in the same building will provide you with a portion of soup and a roll. *Full results will not be displayed at download.* Once you've recovered and finished your soup, please make your way back to the school where there will be a live (or near live) relay of results, tea, coffee and a portion of tray bake for everyone.

The presentation will be in the school hall at 14:45 – please stay for this – two pairs of shoes donated by inov8 and a £20 Pete Bland sports voucher will be spot prizes and you won't get them if you're not there!

Prizes are as follows:

- Trophies for winning man and lady
- £20 vouchers for second man and lady
- £10 vouchers for third man and lady
- £5 vouchers for fourth man and lady
- Bottle of wine for fifth man and lady
- £20 vouchers for winning U23 man and lady
- £10 vouchers for second U23 man and lady
- Bottle of wine for third U23 man and lady
- 5 year age categories £10 voucher for winning man and lady; bottle of wine for runners-up
- Teams – open male (5 counters), open female (3), MV40+ (4), FV40+ (3) – the team prizes of beer or wine will be based on the lowest aggregate overall race position for the counters.

We hope you have a good run and enjoy the day – Best Wishes, Jim and the Mercia Team...