

Final Details

Long O Sunday June 24th 2007

TRAVEL: The route to Gentleshaw Village Hall will be signed from Longdon on the A51 Lichfield to Rugeley road at GR 079142. The village hall is approximately 2.5 miles from this position.

PARKING: Parking will be on a playing field adjacent to the village hall and, if necessary an adjacent field.

ASSEMBLY: The village hall will be the Assembly Area which will include Enquiries and First Aid, very limited EOD Registration, Results Display, Toilets.

DOWNLOAD: Download will be situated in a tent outside the village hall unless the weather dictates that it has to be inside the hall!

ENQUIRIES: Available for general enquiries, lost property, lone runner keys, First Aid.

COURSES: Course A – Men's Open, Men's Vets - approx 23km
Course B – Women's Open, Women's Vets, Men's S-Vets - approx 16 km
Course C – Women's S-Vets, Men's 60 + Women's 60+, Men's + Women's Juniors - approx 12km
Course D – Novice - approx 7km
(competitors are welcome to run up or down age classes as they wish)
Sportident Electronic Punching will be used

EOD: Will be available for all courses

FEES: Costs £7.00 + £2.00 surcharge if not a BOF member. Very limited EOD - £3.00 surcharge, SI hire £ free

SI CARD HIRE: Will these be available from Registration

Start times: 10:30 to 12:30. (If numbers are great we ask you to allocate yourself a start time block at registration to avoid queues at the start.

DOGS: Dogs are not permitted within the area of the village hall or the surrounding playing fields (car parks)

SAFETY: Mining subsidence. The competition area is undermined and liable to mining subsidence. Areas marked out of bounds, close to known infilled fissure lines, must be strictly avoided. Care must be taken as new fissures could occur suddenly away from these known areas. Competitors take part at their own risk.

All routes have road crossings, which will be unmanned. Traffic can be fast on the minor roads through the woods. Take care.

One part of the area has a downhill bike course, which has warning signs at the top to avoid conflict.

Long course runners may come across MTBO competitors. Please take care when engrossed in your map.

STARTS: Starts at Beaudesert for the B, C and D courses are 800 metres from the Village Hall along pavements. The A course starts at the Village Hall, follows a 250 metre route to Gentleshaw Common, and then returns via roads (approximately 1 km) to access the Beaudesert and Rawsley areas.

FINISHES: The finish for all courses is close to the main start and 800 metres from the Village Hall along pavements.

DRINKS: Two drinks stations will be available and will be marked on the map.

MAPS: Courses B, C and D will have maps at 1:15,000 to fit on one side of A3. The long course (A) will start with an additional extension on to the open area of Gentleshaw Common at a scale of 1: 10,000 so as to show the required detail. There will be warning signs after the connecting road link when moving on to the area of the 1:15,000 map scale.

CONTROL DESCRIPTIONS: Loose control description sheets will be available at the Village Hall.

COURSE CLOSE AT: 16:00

OFFICIALS: Organiser – Jim Knight (WCH) Planner – Jonathan Howell (WCH) Controller – Derek Turner (WRE)

RESULTS: walton-chasers.co.uk

FIRST AID: First Aid will be available at Enquiries. The nearest Local Casualty Department is at Stafford District Hospital