

28th EBOR CLUB CHAMPIONSHIPS

SATURDAY 9 JULY 2005

FINAL DETAILS

Travel: From the A170, 2 miles west of Sproxton and 5 miles east of Sutton Bank. (GR 583815). Entrance to the forest will be signed. Follow signs through forest.

Parking: Parking will be on forest roads.

Start times: From 13.00 to 14.00. Everyone will have a start time allocated. **These will be published on the Ebor website later in the week.**

Start: The route to the start will be marked. 300m, 60m climb. Allow 15 minutes.

Finish: 400m from car parking.

Control Descriptions: Loose description sheets will be available at the start. Junior courses will have written control descriptions. Seniors will have pictorial descriptions.

Maps: As used for previous events in the area. Scale 1:10000

Safety: There are a number of steep gullies in the area, often with crags at the bottom of the slope. All are clearly marked on the map. Courses have been planned to avoid these but competitors should remain aware of the danger that they create if you go off course. You may meet horse riders. Please treat them with caution.

Whistles: Compulsory. No whistle- no go.

Fences: Courses A and B will cross a fence. There is a convenient gate. Please use this gate, or else cross the fence with care. Report any damage.

Courses:

COURSE	COMPETITOR	DIFFICULTY	LENGTH	CLIMB
Course A	Men open	Green	4.5km	190m
Course B	Women open. Veteran men (M50+)	Green	4.1km	155m
Course C	Veteran women (W45+)	Green	2.9km	130m
Course D	Junior Men (M14/16)	Lt Green/Orange	2.2km	110m
Course E	Junior Women(W14/16)	Lt/Green/Orange	2.2km	110m
Course F	Young Junior(M/W12)	Yellow	2.0km	35m

Prize giving: Prize giving will take place at the event, as soon as the results have been finalised. Approx. 15.30

Queries: Roger and Ann Smith – 01347 821220