

# EBOR HANDICAP RELAYS

SUNDAY 10 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. (GR 592823)

Start times: From 11.00 to 12.00. Each team will have a handicap allocated. Your start time will be calculated to make allowance for your handicap. The team with the biggest handicap(i.e. the fastest) will start last. A start list will be posted at the assembly.

Assembly  
Start/ Finish: On open hillside 5 minutes from car parking

Control Descriptions: Loose description sheets will be available at the start. Lt green, short green and long green will be pictorial. White, yellow and orange will be written.

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: You should not need to cross any fences other than a ruined fence near to the last control. If you do cross a fence please take care and report any damage.

Sport-ident: You will not need your own dibber. Each team will be issued 6 dibbers, one for each course. **You must** run in the order declared on your entry form. This cannot be changed and if you run out of order your team will be disqualified. (This may seem harsh but in previous years a lot of teams changed their running order and it meant no results were published on the day and numerous hours had to be spent downloading dibbers so that results could be printed.)

Courses:

COURSE	LENGTH	CLIMB
Long Green	3.4km	180m
Short Green	2.6km	155m
Light Green	2.2km	150m
Orange	2.2km	80m
Yellow	1.6km	60m
White	1.1km	35m

Queries: Roger and Ann Smith – 01347 821220