

Harlequins Club Championships 2019 Saltwells

Race information

This is a score event. There's a 1-hour time limit for seniors and a 45-minute time limit for juniors. Don't forget to bring a watch (or something else to tell the time on.)

There are 32 controls, numbered 85 to 116. The controls can be completed in any order. The optimum straight-line distance is 7.0 km with 150m of climb. (The actual optimum distance is somewhat longer.)

Old-style SI cards can store 36 controls but only store split times for 30 controls. Therefore if you anticipate that you'll be able to clear more than 30 controls, you should consider using a new-style dibber.

A major **road** (Highbridge Road) divides the area in two. This may only be crossed at two locations: a marshal-controlled crossing adjacent to the start and finish (obey marshals' instructions), and a canalside path where the canal goes under the road. Check these locations on a blank map before you start. The road surface is out of bounds, but you are allowed to run along the pavements.

The **canal** can be crossed at three locations: two footbridges, and the pavement on the west side of the previously mentioned road bridge. Check these locations on a blank map before you start.

The other water hazard is the reservoir. Stay away from the edge of the canal and the reservoir. The **streams** on the map are quite deep but can be jumped across in several places.

Doultons Clay Pit is a major feature in the south east of the map, marked by two huge **cliffs**. The area around these cliffs is marked out of bounds on the map, and the area is fenced off. For safety's sake, in case runners get lost, we will have pieces of yellow and black tape hanging at 10-metre intervals along the section of fence that's dangerous to cross.

Both the private and the public fields in the area are used by **horses**. If you run north round Netherton Hill you're likely to encounter horses in the public fields. They are used to members of the public crossing the area and aren't likely to cause any problem. Just be aware of them.

Most of the woods are quite dense and overgrown. Areas shown as light green or with an undergrowth screen can be heavy going.

We recommend that **younger juniors** (12-) don't cross the road. There are plenty of controls south of the road, and eight controls (85-92) make a yellow/orange-standard loop.

There will be a mass punching start at 11 am. Register at the parking area by 10.30 am, ready to walk to the start at 10.40, followed by a race briefing at 10.50. Collect a sealed map at the start but do not open it until you have punched.

There are two finish controls, one at the start location (shown with a triangle) and one on the track on the opposite side of the road (shown with a double circle). Use whichever is more convenient for you.

Enjoy the race! Adrian & Catherine Bailey 07505 381666