

SYO Club Championships Final Details - Saturday 8th December 2018 – Ecclesall Woods -

Car Parking Please use the HSBC car park in Limb Lane (see map). There will be 'O' signs in place. The car park will be open from 1000 and toilets signed from here. **Please do not use the car park in the playing fields.**



Assembly The Start and Finish (assembly point) are located at the far end of the playing fields opposite the car park, five minutes walk from the car park. **Please cross the road with care.** Look for the SYO Start banner.

Event Format There is **NO** entry on the day. There will be a mass start race (Course 4 - 6.6km 130m climb, Course 3: 4.4km 65m climb, Course 2: 3.4km 65m climb, Course 1: 3.5km 50m climb) and a yellow course (2.0km), with interval starts.

Yellow course There will be a yellow course available, running alongside the club champs. If you wish to shadow your child AND you are running in the Club Champs, you will need to shadow them before your run, so you will need to be at the assembly point by 1030 at the latest. If you are happy for your child to run whilst you are running then they will be started at minute intervals immediately following the club champs mass start.

Club Champs If you need to change your course, please report to an organiser (fluorescent jackets!). Please be at the assembly point by 1045. You need to check and clear at the Assembly point first then you will be issued with your named and sealed map. If you wish to borrow an SI card, these will be available at the assembly point.

Starts will be staggered to allow access through a narrow gate. Start times are as follows: 1100 - Course 4, 1102 - Course 3, 1104 - Course 2, 1106 - Course 1. You will have a 1 minute warning and a minus 20 seconds warning when you can open up your map. There will be a 100 metre taped run to the start kite which is located at a narrow gate. If you plan to stop and look at your map at the gate, step aside. Please be nice to each other and once in the wood please be careful of the public, particularly early in the race when you may still be in a pack. Note that the bridges are very slippy.

Loops All the courses except the Yellow have a butterfly loop, where you will split up and visit some controls in a different order from other runners on your course. Note you visit some controls more than once. Punch each time. **Course One** has two butterfly loops and a second map. The maps are back to back. Please note the course goes a short distance on the grass verge on Abbey Lane. Please be alert to vehicles entering and leaving the Woodland Discovery Centre.

Courses close at 1215. Controls will be collected from 1215. If anyone is able to help collect controls, we would be very grateful.

Map Scale: 1:7500 5 metre contours. There are some out of bounds areas and designated stream crossing points which **must be used**. Where the line is broken between controls, you may choose which crossing point to use.

Download will be situated in the Limb Lane car park. Please make your way to download as soon as you have finished.

Club Champions This will be decided based on your result multiplied by a 'fiendish factor' worked out by Peter Gorvett.

Post-Race Meal and AGM This is in the HSBC Club, a short walk from the car park. We have access to the club from 1200, the bar available from 1215 and food at 1300.

World Schools Fundraising There will be Christmassy baked goods on sale at £1 for a generous portion - mince pies, fruit cake, parkin etc. These will be packaged up for you to enjoy at home post club champs!