

PRELIMINARY DETAILS FOR DEE CLUB CHAMPIONSHIPS 2018 – UPDATED 13/11/18

Date: Sunday 18th November 2018

Venue:

Alyn Waters Country Park (Gwersyllt Section) – Post Code LL11 4AG GR318547. Turn off the A541 Wrexham to Mold road at GR315547.

Parking: please park alongside the approach road from the A541 to the Visitor Centre. Some runners will be crossing this road so please drive very slowly.

Registration: 10:00-11:45 – no entry fee. SI cards can be borrowed (free) for the event.

Start Times: 10:30-12:00 (courses close 13:30)

Start & Finish: Located less than 100m from the Visitor Centre

Map: 1:7500, 5m contours partially updated October 2018.

Terrain: Mixed Woodland and rough open areas with an extensive path network. Some of the small paths marked on the map are indistinct and may be difficult to follow if running at speed. The undergrowth has not yet died down completely and so supplementary leg protection is recommended.

Courses Available:

The following trophies are to be awarded at the Club Championships:

Trophy	Eligible Classes
Marbury Salver	W10,W12
Little Budworth Cup	M10, M12
Pettypool Plate	W14-W18
Bryn Alyn Chalice	M14-M18
Hawarden Bowl	W20-W50
Delamere Trophy	M20-M50
Jack Ramsden Women's Trophy	W55-W75
Jack Ramsden Men's Trophy	M55-M65
Terry Harper Super-Vet Shield	M70+

In order to compete for the trophies competitors should run the following courses:-

Course	Length	Controls	Classes Competing on Course
Yellow	2.1km	12	M10, W10
Orange	2.8km	14	M12, W12
Light Green	3.3km	17	W14-W18
Short Green	3.3km	17	W55-W75, M70+
Green	3.9km	18	M14-M18, W20-W50, M55-M65
Blue	4.8km	21	M20-M50

Note that no competitor aged less than 16 on the day of the event will be allowed to enter the Blue Course.

A handicap system is being used based on age class. Times will be adjusted using the appropriate handicap factor (based on BOF Running Speed Ratios – see Appendix B Clause 7.1.1. of the BO Rules) to determine the winner of each trophy.

Safety: A Risk Assessment has been produced, which has not identified any unusual hazards associated with the event. The more technical courses will follow a track alongside the Afon Alyn – take care not to fall into the river. Please give way to members of the public who will also be out in force on Sunday morning. Be aware that the area is used extensively by dog owners (all shapes & sizes – the dogs that is, not the owners).

The Blue Course will cross the approach road from the A541 to the Visitor Centre twice. Please take extreme care in crossing the road.

Officials:

Organiser – Pete Owens

Planner – Chris Calow

Controller – Steve Ingleby