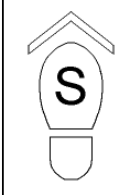




# 34th Annual SANDSTONE TRAIL RACES

## Sunday 3rd October 2010



### ELECTRONIC TIMING AND ONLINE ENTRY

**Full details on the race website: [www.deeside-orienteeing-club.org.uk/sstrail/](http://www.deeside-orienteeing-club.org.uk/sstrail/)**

Two **ONE-WAY** races under FRA Rules, both finishing in Delamere Forest. Age 18 and over

**Race A:** Start at Duckington (GR 494526) 27.5km (17.1 miles), 655m climb **START 10.00 a.m.**

**Race B:** Start at Beeston 17.0km (10.6 miles), 288m climb **START 11.00 a.m.**

Leading runners in each race are expected to finish between approximately 11.45 a.m. and 12.00 midday.

**TRANSPORT:** For competitors who wish to book a seat (£5.00), buses from the finish to the starts will be laid on **BEFORE THE RACE**. Depart Delamere Barnes Bridge Car Park (GR 542716) at 08.30. Arrive Duckington ('A' start) approx. 09.30, Beeston ('B' start) approx. 10.20.

**ROUTE:** This is **not** an orienteeing event. Both races generally follow the "Yellow Footprint" way-markers of the Sandstone Trail. The route will be marshalled where obscure and at road crossings but ultimate responsibility for finding the way rests with the competitors. A pre-survey is recommended. The route description is on the race website or can be sent with final details.

**TIMING:** Competitors will receive their race number and have an e-card attached to their wrist at Registration. The e-card will be used for taking split-times and the Finish time. Full details on the race website.

**PRIZES:** No runner will be awarded more than one individual prize. Trophies will be presented to the following:  
**Race A:** 1<sup>st</sup> 3 finishers, 1<sup>st</sup> Lady, 1<sup>st</sup> Vet Lady 40+, 1<sup>st</sup> Vet Lady 50+\*, 1<sup>st</sup> Vet Man 40+, 1<sup>st</sup> Vet Man 50+, 1<sup>st</sup> Vet Man 60+, 1<sup>st</sup> Team of 3, 1<sup>st</sup> Orienteer  
**Race B:** 1<sup>st</sup> 3 finishers, 1<sup>st</sup> Lady, 1<sup>st</sup> Vet Lady 40+, 1<sup>st</sup> Vet Lady 50+, 1<sup>st</sup> Vet Man 40+, 1<sup>st</sup> Vet Man 50+, 1<sup>st</sup> Vet Man 60+, 1<sup>st</sup> Team

**T-SHIRTS:** T-shirts can be pre-ordered and pre-paid at £5.50 and collected at the race Finish.

	RACE A	RACE B	Final Details	Results
<b>ENTRY FEES:</b>				
<b>ONLINE ENTRY</b>	£9.00	£7.00	Race website	Race website <b>or</b> 60p for booklet
<b>POSTAL ENTRY</b>	£9.00	£7.00	Race website <b>or</b> send 9x6 SAE	Race website <b>or</b> 30p + 9x6 SAE

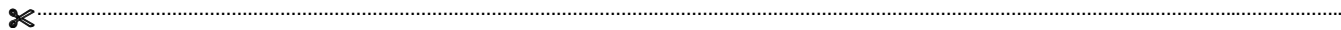
**ENTRIES:** **Online entry and payment preferred.** Follow links from the race website: [www.deeside-orienteeing-club.org.uk/sstrail/](http://www.deeside-orienteeing-club.org.uk/sstrail/)  
 Postal entries on the race form (below, or downloadable from the race website). Send forms, and cheques made payable to **Deeside Orienteering Club**, to: Jill Barnes, 111 Station Road, Delamere, Northwich, Cheshire, CW8 2HZ

**CLOSING DATE:** **Postal entries – 20<sup>th</sup> September 2010, online entries – 28<sup>th</sup> September 2010**  
**NO ENTRIES AFTER THESE DATES OR ON THE DAY** Max. 190 runners per race – enter early to avoid disappointment.

**GENERAL ENQUIRIES:** Geoff Shaw (Organiser) 079 19 19 19 95 or e-mail: [geoff.shaw@nuvia.co.uk](mailto:geoff.shaw@nuvia.co.uk)

**ENTRY ENQUIRIES:** Jill Barnes, e-mail: [events@deeside-orienteeing-club.org.uk](mailto:events@deeside-orienteeing-club.org.uk)

Thank you for supporting this event



## ENTRY FORM: 34th Annual SANDSTONE TRAIL RACES, Sunday 3rd October 2010

**NAME:** .....

**ADDRESS:** .....

.....

.....

**POSTCODE:** .....

**E-MAIL:** .....

**TELEPHONE:** .....

Race entry fee (A - £9.00 or B - £7.00)	
Bus to start @ £5.00	
T-shirt @ £5.50 – circle size below	
S M L XL	
Results @ 30p + SAE	
<b>Total enclosed</b>	

**RACE (Circle one):**    A        B

**CLASS (Circle one):**        L    L40+    L50+

M    M40+    M50+    M60+

**AGE ON RACE DAY:** .....

**CLUB\*:** .....

(\*One club name or NONE; - an @-club-name identifies you as an orienteer) - - -

9x6 SAE enclosed for final details?	Yes / No
If Yes, free route description required?	Yes / No
9x6 SAE enclosed for results booklet?	Yes / No

I understand and agree that competitors take part in this race at their own risk and are responsible for their own safety.

Signed .....

Competitor details will be held in electronic format