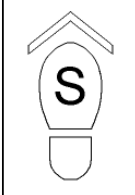




35th Annual SANDSTONE TRAIL RACES

Sunday 2nd October 2011



ELECTRONIC TIMING AND ONLINE ENTRY

Full details on the race website: 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: 1st 3 finishers, 1st Lady, 1st Vet Lady 40+, 1st Vet Lady 50+*, 1st Vet Man 40+, 1st Vet Man 50+, 1st Vet Man 60+, 1st Team of 3, 1st Orienteer
Race B: 1st 3 finishers, 1st Lady, 1st Vet Lady 40+, 1st Vet Lady 50+, 1st Vet Man 40+, 1st Vet Man 50+, 1st Vet Man 60+, 1st 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
ENTRY FEES:				
ONLINE ENTRY	£9.00	£7.00	Race website	Race website or 60p for booklet
POSTAL ENTRY	£9.00	£7.00	Race website or send 9x6 SAE	Race website or 30p + 9x6 SAE

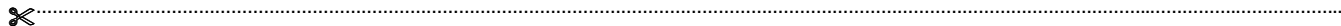
ENTRIES: **Online entry and payment preferred.** Follow links from the race website: www.deeside-orienteeing-club.org.uk/sstrail/
 Postal entries on the race form (below, or downloadable from the race website). Send forms, and cheques made payable to **Deeside Orienteering Club**, to: Jill Barnes, 111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

CLOSING DATE: **Postal entries – 20th September 2011, online entries – 27th September 2011**
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

ENTRY ENQUIRIES: Jill Barnes, e-mail: events@deeside-orienteeing-club.org.uk

Thank you for supporting this event



ENTRY FORM: 35th Annual SANDSTONE TRAIL RACES, Sunday 2nd October 2011

NAME:

ADDRESS:

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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	
Total enclosed	

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 O-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