



SANDSTONE TRAIL RACE

Sunday 4 October 2009 – FINAL DETAILS



1. Starts	<p>Race A: Duckington (GR 117/494525) at 10.00. Signposted from A41 at Duckington (2 miles south of A534/A41 junction) and from the A534 at Brown Knoll (0.5 miles east of A534/A41 junction) – 10 mins. walk to start.</p> <p>Race B: Beeston Castle (GR 117/540591) at 11.00. Follow signs to Beeston Castle from A49 south of Tarporley. The start is a 15 minute walk from the Castle – follow marshals' directions, to arrive by 10.50.</p>
2. Finish	At Barnes Bridge Gates car park, Delamere Forest (GR 542716) - not to be confused with Linnere Car Park, adjacent to Delamere Station! The finish and car parking area will be signposted from the A556 at the Abbey Arms, and from Hatchmere crossroads on the B5152. We are required by Forest Enterprise to remind all competitors and supporters that smoking is not allowed in Delamere Forest.
3. Buses to Starts	These leave Barnes Bridge Gates car park for both races at 08.30 PROMPT and proceed via Duckington (Race A) to Beeston (Race B). A bus place is only available for those who have booked in advance. NOTE: There is NO transport from the finish to either start AFTER the races.
4. Car Parking	<p>Duckington: Follow marshals' directions and park on the side of the road; please keep off the mowed verges. Do not drive up the narrow track to the registration area.</p> <p>Beeston: Park as directed by marshals near the castle entrance. There is a £1.50 car parking charge as pay and display, which must be used if cars are left at Beeston.</p> <p>Delamere: Follow marshals' instructions. Parking is on the roadside and may be up to 800m from the finish.</p>
5. Registration and Timing	<p>Race A: Opens 09.00 Located at the head of the dead end road at Duckington.</p> <p>Race B: Opens 09.45 Located adjacent to the car park at Beeston.</p> <p>Registration will be in suitably identified cars, by surname. At the front window of the car you will be given your race number and pins if required. At the rear window you will collect your electronic timing card (E-card) which will be attached to your wrist. Before the race this will need to be placed in a Check Station until a bleep is heard - for Race A this will be on the way to the Start, for Race B it will be in the Registration area.</p> <p>Split times: timing stations will be placed on the course at Beeston and at Rock Farm – insert the E-card until it beeps to register your time, which will appear in the results. <u>For safety reasons all runners should use the intermediate timing boxes, A Race runners at both locations, B Race runners at Rock Farm</u></p> <p>Finish time: at least three timing stations will be placed on the Finish line to record your race time – use any station which is free. You will then be directed to the Finish tent to download your times; your E-card will be removed and retained.</p>
6. Clothing	Numbered clothing bags will be provided at both starts and will be returned to Delamere. Please share bags and leave only the minimum of kit as it all has to be manhandled. No full kit bags please!!
7. Drinks	Water at Beeston, Rock Farm, and just after the A54. Orange squash at Delamere.
8. Toilets	One portaloos at Barnes Bridge Gates (buses and Finish) and at Race A registration; toilets at Beeston Castle for runners only (Race B registration). Both race starts are 10 - 15 minutes walk from registration and toilet facilities.
9. Retirement	After you have registered, YOU MUST NOTIFY A MARSHAL AND RETURN YOUR E-CARD IF YOU ARE UNABLE TO COMPLETE THE RACE FOR ANY REASON. No special arrangements can be made to transport retirals. There may be a limited number of places in marshals' cars, but be prepared for a long wait.
10. First Aid	St John Ambulance will be in attendance at Beeston from 10.30 to 11.15 and at Delamere from 12.00 to 13.15.
11. Prizes	<p>The following prizes will be presented at Delamere at about 13.00:</p> <p>Race A: First 3 finishers, First Lady, First Veterans (L40+, L50+, M40+, M50+, M60+), First Orienteer, Team Prize.</p> <p>Race B: Winner, First Lady, First Veterans (L40+, L50+, M40+, M50+, M60+), Team Prize.</p> <p>Apart from First Orienteer, no runner will be awarded more than one individual prize; veteran winners will be given the highest prize for which they are eligible. The team prizes in each race will be awarded to the club with the fastest total time for their first three runners.</p>
12. Results	Results will be displayed at the finish and on the website, http://www.deeside-orienteeing-club.org.uk/sstrail/ . If you requested and paid for one, a results booklet will be sent to you by post.
13. Route	Follow the Sandstone Trail, indicated by yellow footprint symbols - ignore other permanent yellow footpath signs. The route off the trail to the bridge over the A54 will be marked. There are many stiles and gates throughout the course. The race crosses several busy roads including the A534 and A51 – you MUST obey marshals, who are there for your safety, and will get you across as quickly as possible.
14. Courtesy	Please remember that the Sandstone Trail is a public footpath, so you will encounter other people on the path, some of whom may have slower reactions than you. Please be courteous as our ability to stage the race depends on good relations with the general public.
15. T-Shirts	Pre-ordered T shirts will be available for collection at the finish, from 11.45.
16. Queries	Contact Geoff Shaw, Organiser - Tel. 079 19 19 19 95 or e-mail: geoff.shaw@vtplc.com