

PRESTEIGNE WINTER CROSS COUNTRY 2022

Date: 06/01/2022

Venue: Forestry carpark off Broadaxe road

Start time: 11:00am

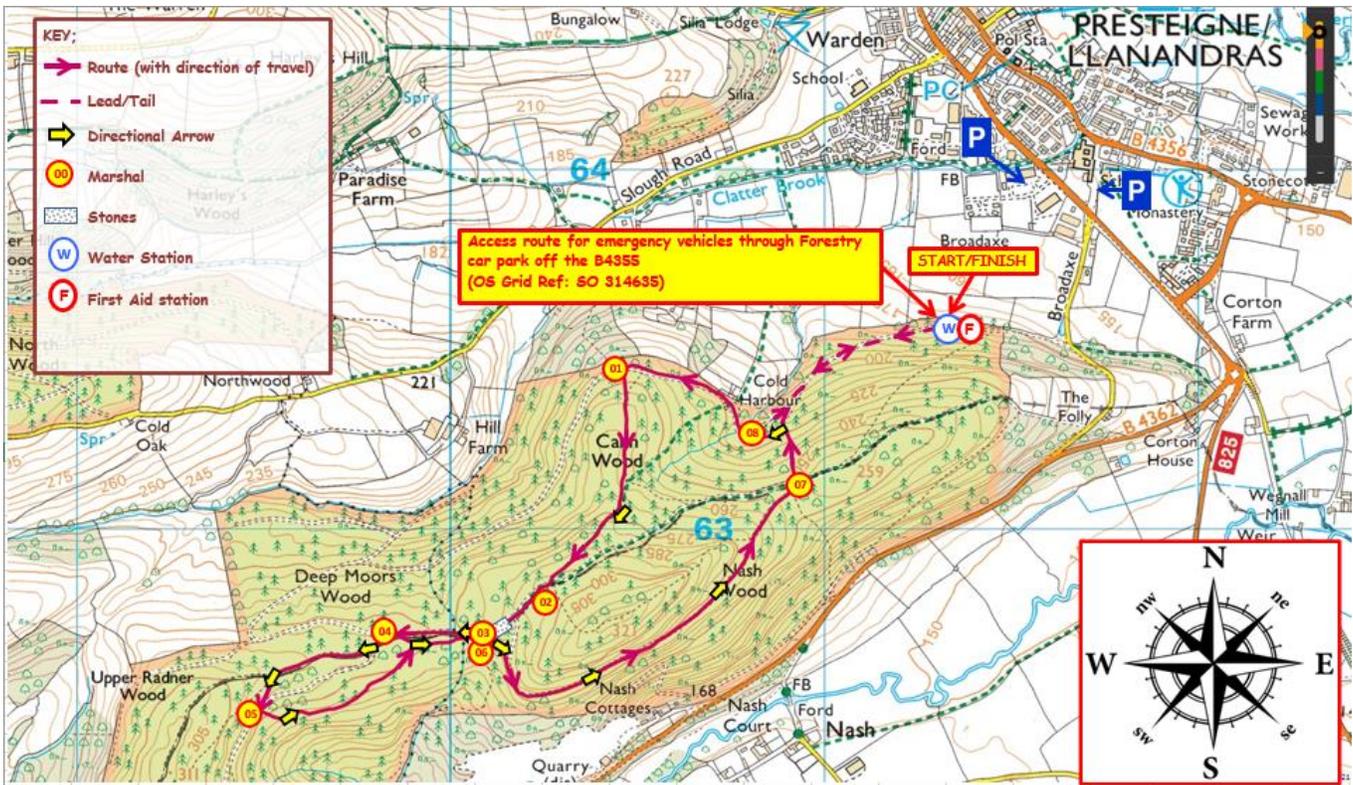
Parking: Please don't park in the forestry carpark, leave this for essential event vehicles and the general public. There are plenty of spaces at the locations marked on the map

Please note: it is requested that everyone attending the event takes a covid lateral flow test within 24 hours of the start time.

Important :

Can all runners ensure that they wear the number that they were given at the start of the series and ensure that it is the correct way up!! Any issues with lost or illegible numbers, take up with your team manager.

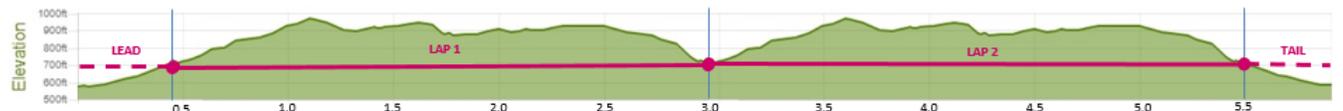
If anyone has not run in the series before, can team managers ensure that the runners details are registered with Stephen Goodridge as soon as possible. This is so that we are in the best position to publish results for the award presentation. Failure to do this, will lead to the presentation being later than we hoped.



x1 lap route: 3.3mils (approx)
Total climb: 500ft (approx)



x2 lap route: 5.9mils (approx)
Total climb: 900ft (approx)



Biosecurity Plan/Barrier

A Biosecurity Plan has been put in place, to prevent/reduce the risk of spreading disease and infection from one area to another that can cause harm to the woodland and wildlife.

All Runner, Officials & volunteers are requested to arrive with clean footwear.

Biosecurity barrier

- A carpet placed in a shallow trough will be soaked with a suitable disinfectant at the entrance to the forestry.
- All Runner, Officials & volunteers must pass through the trough when entering and leaving the forestry.
- The carpet will be inspected throughout the duration of the event to ensure there is adequate disinfectant.
- After the event the carpet and trough will be removed and the disinfectant allowed to evaporate.

All Runner, Officials & volunteers are requested to clean their footwear after the event.

Route description:

Fire Track: Varying from hard packed stone to soft leaf cover, may have an uneven surface.

Woodland Path: soft leaf cover or firm soil, fairly even may have logs and twigs.

Forestry Path: Usually single track and winding thru trees (nor suitable for passing), varying from firm to thick mud may have roots, logs/twigs & stones.

Grass Track: fairly even varying from firm to soft depending on weather.

From the start line, the route climbs gradually along the fire track for approx 0.45 miles (this is the lead/tail).

Carry on around the right hand bend; the track starts to climb sharply.

Just past the brow of the hill turn left up the grass track for a short while before turning right onto a muddy forestry path, climbing up to the fire track.

Turn right down the fire track, keeping to the left to avoid the stones at the bottom of the track.

At the junction turn right following the fire track to the next junction.

Take the left hand fork, then after 30 yards turn right along the woodland path.

Follow the woodland path crossing over the fire track and down the hill, continue on the path around the left hand bend and over the small stream.

After the stream, the path climbs gradually on a woodland path around a right hand bend thru a dip and back onto a fire track.

Once on the fire track turn right and continue around the bends and along the straight before descending to a crossing.

Continue straight over the crossing, down the forestry path being careful of the roots at the top of the descent.

At the bottom of the forestry path take the left fork onto the fire track.

Turn left to commence the 2nd lap and right to the finish.

Runners Etiquette

Every precaution has been taken to ensure this event as safe as possible, however due to the nature of 'off road' running some incidents may occur. Safety is always the responsibility of the individual. No runner should act in a way that puts them self or others in danger. Any runner found acting in a dangerous manner will be disqualified.

As an entrant in this event, you accept a care of duty to yourself and other runners. If you find another runner in difficulty is your responsibility to offer assistance. This may be helping them walk to the nearest Marshal or to run onto the next Marshal and inform them of the incident.

If you are unable to finish the race for any reason, it is your responsibility to contact the nearest Marshal and inform them of your withdrawal and also report to the Race officials at the finish area.

Although this is a competitive event and everyone wants to win, give way to faster runners. Any runner found intentionally slowing down other runners will be disqualified.

Leave no sign that you were ever here!

If you have gels or a drink, take the empties home with you, if a water station is provided please use the nearby bin. The marshals are here for your safety, not to clear up your mess.

All the event staff, Marshal, timekeepers & first aiders are volunteers, so thank them because if it wasn't for them you wouldn't be here.

NRW permit No: 178334774

WA License No: EAST R.A.C.CC-02