

SIDMOUTH RUNNING CLUB

WELCOMES YOU TO THE 2018 WOODLAND RELAYS

On Wednesday 20th June

Location. Salcombe Hill Woods on the top of Salcombe Hill, Sidmouth.
Grid Ref. SY 144 886.

Parking. The Norman Lockyer Observatory, EX10 0NY at the top of Salcombe Hill.
Grid Reference SY 138 882. **Please car share where possible.**

Map: <http://www.sidmouthrunningclub.co.uk/observatory>
Please note there is a 10 minute woodland walk to Race HQ.

Race HQ. The Scouts Pavilion, Salcombe Hill. EX10 0NY.

Toilet Facilities. At the Scouts Pavilion.

Baggage Storage. At the Scouts Pavilion.

Entry. Please complete the online entry form which is on the Club's website.
Last entry accepted Sunday 17th June.

Registration. Collect your numbers and pay at the Pavilion from 18:15.

Briefing. 19:00 at the Pavilion.

Start Time. 19:15

Teams. 3 persons per team.

Fees. £2 per head for ARC or UK Athletics affiliated club members.

£2 per head for juniors.

£4 unattached per head. Captains please make a single payment for your team.

Categories:

- Juniors 11 and under
- Juniors 16 and under
- Senior men 17-49
- Senior Ladies 17-49
- Vets Men 50 plus
- Vets Ladies 50 plus
- Mixed Team

Certificates. For each winning team in each category

Prizes. Fastest male and female on the long course

Fastest Junior male / female on the long and short courses

Route. There is a short course of 1.2k (.75 miles) for under 11 years or any seniors who feel put off by the long course. This route is entirely in woodland.

The long course consists of one loop of the short course plus an additional 2.22k (1.38 Miles) a total of 3.42k (2.13 miles) this takes you out of the woods across a field into a small wooded area, onto a footpath out to the cliff edge through a field to the Frogstone across a further two fields before entering the wood to the finish.

Both courses are very flat. Short course 17ft elevation gain, long 124 feet.

Be aware, if you are running the long course it turns to the left about 10 metres before the finish arch and will be well signed. If you go through the finish arch you will be timed out and your team disqualified.

General. Water will be provided at the finish.

Tea / coffee and homemade cakes for £1.50 will be available at the Pavilion afterwards.

Any questions please contact me via e-mail. terry@zakia.co.uk or on 07734 581782

Regards to all and looking forward to a great evening of running fun.

Terry Bewes. Chair.

