

Here's your briefing document for the EAST YORKSHIRE XC LEAGUE RACE 1 – BISHOP WILTON

Online entry closes in 6 days!

Race 1 of the EYXCL 2024-25 season will be held at Bishop Wilton at 10:00 am, Sunday, 13th October 2024 and hosted by Pocklington Runners.

Park and meet at Bishop Wilton Village Hall, Worsendale Rd, YO42 1ST.

What3Words: skidding.miracle.short

Race numbers will be available for collection from your club rep in the village hall between 8.30 and 9.30.

The course is nicely undulating and approx. 5.7 miles long; please see attached map. The race starts on Park Lane a 5-minute jog from the village hall and finishes on the Chalkland Way path further down Pocklington Lane.

This season's races will have chip timing for the first time. Please note that (as before) it will be a mass start with a timing mat only at the finish line. Points are still based on the order over the finish line.

As there is a variety of underfoot conditions and the course can be very muddy in places, xc or trail shoes are strongly recommended. As there are some stone tracks and a small bit of road spikes are not ideal.

On the course, please follow marshal's instructions at all times. There will be a road closures at Givendale Lane, in place for your safety.

At two other locations on the course Beacon Road is crossed, this road will not be closed. At both crossings points you will be controlled by marshals. Please slow down on the approach and be prepared to stop if instructed to do so to allow traffic to pass. Under no circumstance look to overtake a fellow runner on the approach to these crossings.

Please note we have special permission to run in Deepdale; this is part of a private estate and not a public footpath. Please do not access this part of the course at other times.

To cut down on traffic in the village as much as possible PLEASE CAR SHARE.

Please only park at the village hall. If it is full or instructed otherwise by marshals some parking can be found on the village streets. If parking in the village becomes necessary, please park legally and be respectful, do not block resident's drives or park on grass verges.

Please follow marshal's directions or signs to and from the village hall. It is a 10 min walk from the finish back to the village hall. Please take care and keep in single file when walking back along Pocklington Lane.

During the race club tops must be worn as the outer garment. Although the race is chip timed this year race numbers must still be clearly visible on the front of club vests.

Strictly no headphones or similar must be worn.

As per the league rules runners must be capable of completing the course at an average pace of at least 15 min/mile, at Bishop Wilton this equates to a maximum allowable time of 86 minutes.

If any runners are unsure about their ability to complete the course in this allotted time, please speak with your club rep.

Runners may be disqualified from the race if the rules are not followed.

Toilets are available in the village hall before and after the race. There are also showers and changing facilities but please no muddy boots in the hall.

Tea, coffee, biscuits, cakes etc. will be served before and after the race by the ladies from the local WI. There is a small charge for the refreshments, please bring some change with you to make a donation.

See you on the day, have a safe and enjoyable run.

EYXCL Committee

