

RACE BRIEFING

East Yorkshire Cross Country League

Race 2: Welton - 10:00 am Sunday, 17th November 2024

.Dear fellow EYXCL runners,

As in previous years Goole Viking Strider's and Selby Strider's EYXCL race will be at Welton, E Yorkshire.

The race is approx. 6.6 miles long and is the same route as when run in 2023, please see attached map. It starts and finishes on Crossall Hill Lane, to the northeast of the village after Chapel Hill Lane. The route is in an anticlockwise direction from Wauldby Manor Farm, passing Little Wauldby Farm and then around Nut Wood, up to Turtle Hill, back past Wauldby Manor Farm, and returning back along the outward footpath.

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

Official club vests or tops must be worn as the outer garment. Although we have chip timing this season your race number must still be clearly visible on the front of your vest as the finish is also filmed.

Strictly no headphones or other musical devices must be worn as marshal's instructions must be heard and followed.

In the EYXCL competitors must be capable of completing the events at less than 15mins per mile pace, which for the Welton course gives a maximum race time of 100 minutes. If you think you may be close to this cut off time, please consider carefully before taking part; if you have any concerns please discuss with your club captain.

Free car parking is kindly provided by South Hunsley School situated on East Dale Road, HU14 3HS. This is a 10-minute jog from the start via Holly Hill Lane, see Welton area map. We also have use of toilets at the school located just through the main entrance.

There is very limited parking in Welton itself, only park in the village if you are helping with race organization or the school car parks are full. Please do not park on Crossall Hill Lane under any circumstances as access is required for the first aid vehicle.

If parking in the village becomes necessary, please be considerate and do not block resident's driveways or park on the verges or pavements as complaints have been received in the past.

PLEASE CAR SHARE WHERE POSSIBLE.

Toilets are also available at Welton Village Hall, situated on Cowgate in the centre of the village. Access to the toilets is via the rear entrance of the hall. There are no changing facilities available and please no muddy boots!

Tea, coffee, biscuits, cakes etc. will be available at the pop-up café at the finish.

See you on the day and have a good run.

Richard Bramham, Samantha Law, for Goole Viking Striders and Selby Striders

**EAST YORKSHIRE CROSS COUNTRY LEAGUE
WELTON
ROUTE MAP AND FACILITIES
RACE DISTANCE: 6.6M**

**RACE HQ , START/FINISH
CROSSALL HILL LANE
HU15 1NY**

**TOILETS:
WELTON VILLAGE HALL
HU15 1ND**

**Via: HOLLY HILL
PEDESTRIAN ROUTE TO
START/FINISH**

**PARKING & TOILETS:
SOUTH HUNSLEY SCHOOL
HU14 3HS**

EXCL WELTON RACE ROUTE

