

EYXC League - Race 3, Ravenscar.

Sunday 8th December - Race Start - 10:30 am

Dear fellow EYXC runners,

This is the second year of running the course at Ravenscar.

The race is 5.55 miles long, please see attached map. It starts on a chalk track a few hundred yard east of the Village Hall, picks up the old railway track traveling south, then drops across fields and a bridge before climbing back up to a farm road past Plane Tree Cottage and Plane Tree Farm, and crossing a field onto the Cleveland Way and following it back north towards Ravenscar finishing on the beautiful cliff top about 400 yards from the start and the Village Hall.

There are a variety of underfoot conditions, the course has cinder track, fields some "metalled" road and cliff top track. Parts of 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 and be the outer garment. Your race number must be clearly visible on the front of your vest. Strictly no headphones or other musical devices must be worn as marshal's instructions must be heard and followed.

In the EYXCL series of races competitors should be capable of completing the events at less than 15mins per mile pace, which for the Ravenscar course gives a maximum race time of **84 minutes**. If you think you may be close to or over this time please consider carefully before taking part and if you have any concerns, please discuss with your club captain.

There is street parking on the north side of the road into Ravenscar, there are also PUBLIC TOILETS on the opposite side of this road (please make use of them), following the road down it swings right and again there is road parking all the way along this road to the end of it. The end is very near both the Village Hall and the start and finish. Please DO NOT park along the road to the Village Hall, access will be needed at all times. It may be that some field parking / extra road parking becomes available close to race time so please take notice of parking marshals on the day.

PLEASE CAR SHARE WHERE POSSIBLE.

TOILETS: Public Toilets are available on the south side of the road into the village, please make use of them. There are also 3 toilets in the Village Hall.

The Village Hall will be our race venue, Tea, coffee, biscuits, cakes etc. will be available free of charge, donations gratefully accepted. Bags may be left in the Hall, but this is at the owner's risk.

See you on the day and have a good run. Many Thanks, Margaret, David, Dave, Neil and Bob.

Message from Samantha Allen

If you need to collect a number, then there will be a helpdesk set up in the village hall between 09:00am and 10:00am.

