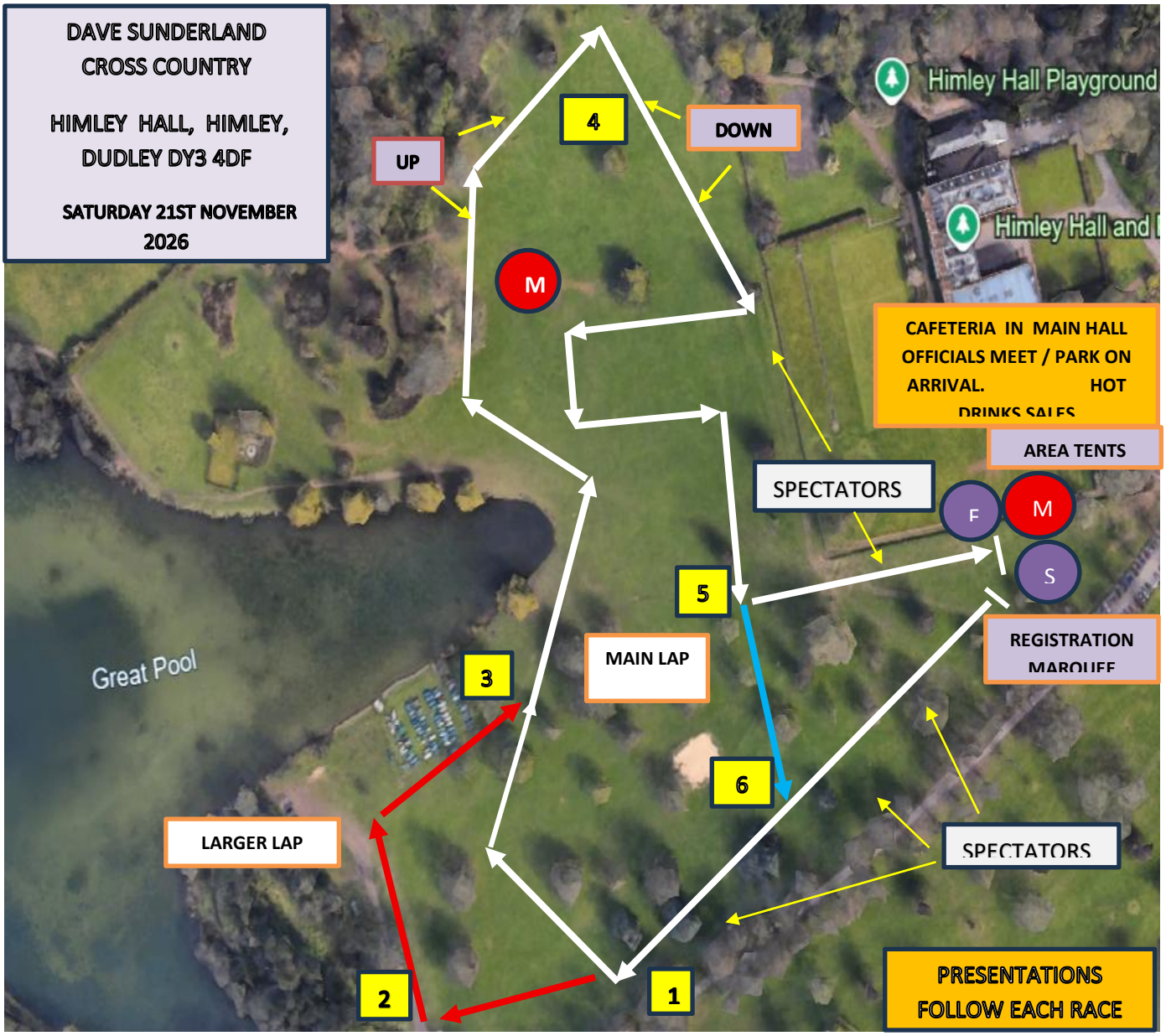

TIME	RACE	COURSE	LOOPS	DISTANCE
12.45	U14 GIRLS YRS 7/8	2 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-FINISH	2.6K
1.05	U14 BOYS YRS 7/8	2 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-FINISH	2.6K
1.25	U16 GIRLS YRS 9/10	3 x MAIN LAPS:	1-3-4-5-6-1-3-4-5-6-1-3-4-5-FINISH	3.5K
1.45	U16 BOYS YRS 9/10	3 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-6-1-2-3-4-5-FINISH	3.8K
2.10	U18 GIRLS YRS 11/12	3 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-6-1-2-3-4-5-FINISH	3.8K
2.35	U18 BOYS YRS 11/12	4 x MAIN LAPS :	1-3-4-5-6-1-3-4-5-6-1-3-4-5-6-1-3-4-5-FINISH	4.4K

- ALL RUNNERS TO REPORT TO MARSHALLS IN 'HOLDING AREA 5 MINUTES BEFORE RACE – DO NOT REMOVE 'WARM' CLOTHES. 2 MINUTES BEFORE START RUNNERS WILL MOVE TO PENS FOR FINAL BRIEFING.
- UNDULATING GRASS PARKLAND COURSES: DISTANCES ARE APPROXIMATE ! SPIKES COURSE
- INDIVIDUAL (GOLD – SILVER – BRONZE) MEDALS PRESENTED AT FINISH OF RACE.
- NUMBERS 1- 6 ARE ON YELLOW SIGNS PLACED ON THE COURSE.
- MEDICAL COVER M

Travel directions - **https://www.himleyhallandpark.co.uk/ . Himley Rd, Himley, Dudley DY3 4DF**. Himley Hall and Park is situated 4 miles from Dudley on the B4176 and approximately 6 miles from Wolverhampton just off the A449. The 256 Stourbridge-Wolverhampton bus service runs every 30 minutes along the A449. Himley Park gates are a 200m walk from the nearest bus stop (A449).

Car Parking - There are spaces for up to 500 vehicles and coaches too (please encourage car-share where possible and park sensibly allowing space for other cars). Please use the allocated car-park to the right of the main drive as you enter the park and ensure that you do not park in the small area within this area allocated for golf-course users who have designated car-permits. The overflow section would be on the grass-section to the left of the driveway as you enter the park. Pay & Display car parking charges operate, as follows: up to 2 hours parking £3.60, all day parking £4.70. Disabled parking is FOC for those displaying a valid blue badge. The park gates close at 6:30

County gazebo/tent area - the area for this is indicated on the map close to the start/finish. Please keep the section adjacent to the start free as this will be reserved for the first-aid and results tents.

Changing facilities/toilets - There are NO changing rooms/shower facilities available. On-site toilet facilities are situated at the back of the white building at the rear of Himley Hall (indicated) and toilet units will also be provided onsite close to the start/finish areas. **DO NOT ALLOW RUNNERS TO USE THE TOILETS NEAR THE CAFETERIA FOR CLEANING SPIKES/TRAINERS**

Catering facilities - Himley Hall has a coffee lounge (selling drinks, food, snacks etc) and offers a takeaway service from the Terrace Hatch with an outside seating area outside the Hall for athletes/spectators to use. The local golf-course that backs onto the park also has a café offering drinks, cold/hot food and a seated outdoor area.

Start/numbers/medals/trophy presentation – **Start**: we will be using a start-pen system as per ESAA XC, with each county allocated a different start pen for each race. **Numbers**: maximum **15 athletes per race**. Each county will be provided with the same sequence of 15 numbers (e.g. 1 to 15) to use for each race, so you will be given 6 sets of the same numbers on the day (see registration below). Please provide your own pins. **TEAM MANAGERS ONLY ALLOWED IN 'HOLDING' AREA AT START**

Medals: awarded to 1st 3 athletes & winning team (6 to score) in each race. **To be eligible for the overall Trophy each County must finish at least 6 athletes in each race**.
Individual medals for the 1st three after the completion of each race, and, depending on how quickly my results team can get the team award finalised, award the team medals soon afterwards. An announcement will be made to this end. **Trophy presentation**: as soon as the results from the Inter Boys race have been inputted and the overall race totals calculated. The team with the lowest overall score wins (1st place scores 1 point and so on). **TROPHY HOLDERS: WEST MIDLANDS**

Registration of athletes – My daughter **Megan** will be in charge of inputting/producing results and will be based in a tent next to the start line. Please can team managers email her your full team list by **latest Wednesday before the race (18th Nov)** on the **DECLARATION FORM** that I will email, with each athlete allocated to a team number. **Any changes / last-minute withdrawals can be amended in person on the day when you hand in your full team declaration before the 1st race.**

PHOTOGRAPHY: Mike McSharry Photography www.mikemcsharryco.uk

Gwil WSAA 07743 878845