



Club Championships

at

Lilleshall National Sports Centre

on

Sunday 6 January 2019



Directions:

Lilleshall National Sports Centre is accessed from Pave Lane (the old A41) 3 miles south of Newport. Post code **TF10 9AT** Follow the signs from the N via the A518 or from the S the A41 bypass, to the entrance gates then 3k up the driveway.

Car parking:

At the end of the drive bear left and park in the Visitor Car park. Park at the front as the rear of the buildings are in the competition area.

Registration and Starts:

Registration and Download are in the main reception/cafe. Follow signs to Reception. Registration Open 10am till 11am. All courses other than Junior are a mass start at 11.30 outside Reception. Gather by 11.20. Junior courses start nearby. If Juniors gather as above and the Organisers will escort them to the Start after the Senior courses have started. And supervise proceedings thereafter.

Courses:

Junior courses are a traditional White/Yellow course with the usual timed starts.

Senior courses are two legs to make the best of the area. Leg1 requires all controls to be punched but in any order. Then a map exchange for Leg2. Leg2 is a traditional course with controls visited in the correct order. Long and Medium have a two sided map.

Championships:

Long Course - Open Men/Open Women/ Senior Men M45 to M 55 inclusive. Medium Course- Senior Women W40 to W50 inclusive/ Veteran Men M60+

Short Course - Intermediate M/W16 to 20 inclusive/ Veteran Women

JuniorCourse - M/W 14 and under.

Terrain:

A mixture of "campus" buildings with formal and informal landscaped areas. No metal studs or spikes. Full leg cover is advisable on the Senior courses.

Map:

Scale 1:4000 Updated 2018 by Rod Postlethwaite

Safety:

Whistles must be carried. Caution on paths and steps which may be slippery. Beware other centre users especially on blind corners. Take care crossing car parks and the one fairly quiet road.

Facilities:

Toilets and Cafe at Reception. No muddy shoes please. Refreshments after by Mike Callow in Car Park. Sorry no dogs other than in your car.

Organiser/Planners: John Broadhead & Rebecca Coupe 01948 710335