



Invite you to
West Midland League Race 3
THE GALLOPS and LIZARD WOOD
SUNDAY 18th FEBRUARY

Venue:

Lizard Hill is 2 miles NE of Shifnal Shropshire the venue will be signed from the A5 West of the A5 / A41 island near Weston Park. North of J3 M54

Car Parking:

You will be on the road side close to assembly and there will be no charge There will be other traffic and pedestrians so drive slowly and park as directed thank you.

Map:

1:10000 – 5 m Contours – Waterproof - Revised by Peter Jones - 2018

Terrain:

The wood is reasonably flat with slopes and contour detail to the South & West, run ability is generally good with some areas of bramble and rhododendrons. Some courses will involve a short section of road joining two areas of forest Also you may encounter dog walkers

Courses: Brown – 8.0 km – 100 m – 22 controls

Blue - 6.5 km – 95 m – 20 controls

Green – 4.8 km – 95 m – 12 controls

Short Green – 3.9 km – 80 m – 10 controls

Light Green – 3.4 km – 55 m – 8 controls

Orange – 2.6 km – 25 m – 11 controls

Yellow – 2.2 km – 15 m – 11 controls

White – 1.4 km – 15 m – 8 controls

Start:

Around 10 minutes or 500 m from assembly along the road and across a field into the wood

Entries:

Seniors £8. Juniors £3. Non BOF members £10 / £3

Registration:

10am-12pm. Starts: 10:30am till 12:30pm. Courses close at 14:30pm.

Facilities:



Ultrasport



And Podium Catering

Toilets also on site

Sportident:

Electronic punching will be used. Dibbers available to hire £1. Lost dibbers will be charged at £40.

Safety:

Under WMOA rules whistles must be carried. In case of bad weather cagoules may be compulsory. Competitors take part at their own risk and are responsible for their own safety. Full leg cover.

Dogs:

This private estate is used for Pheasant shooting so sorry no dogs in assembly or in the woods

Organiser:

C Richardson WRE – clivesharron@btinternet.com

Planner:

Ian Hopkins WRE

Controller:

Barry Mcgowan HOC