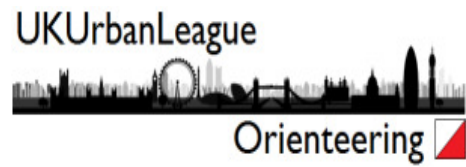




Willows & Freshney Urban League Event Level C on Sunday 22nd May 2016

Final Details

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| <p>Parking</p> | <p>John Whitgift Academy, Crosland Road, Great Grimsby, North East Lincolnshire, DN37 9EH</p> <p>SATNAV: Please do not rely upon your SATNAV as you may be wrongly directed to Great Coates Village.</p> <p>From A46: At Little Chef roundabout carry straight on to dual carriageway. Turn left at the next roundabout and again at next roundabout onto A1136. Turn right at traffic lights. Follow Larmour Road round. At junction with Glenfield Road turn left - academy entrance is first right.</p> <p>From M180/A180: Before reaching Grimsby, leave A180 at junction for Great Coates (A1136) turn right at mini roundabout and straight ahead at next. Turn left at next roundabout and continue down Great Coates Road (A1136) signposted Town Centre. Turn left at traffic lights. Follow Larmour Road round. At junction with Glenfield Road turn left. Academy entrance is first right.</p> <p>From A16: Passing through Scartho, carry straight on at first roundabout. Go straight on at hospital traffic lights. At next roundabout turn left onto Laceby Road (A46). At next roundabout turn right onto Littlecoates Road (B1444). At next roundabout turn left onto Great Coates Road (B1136). Turn right at traffic lights. Follow Larmour Road around. At junction with Glenfield Road turn left. Academy entrance is first right.</p> <p>DIY parking. Please drive carefully and park neatly in the school car park.</p> |
| <p>Registration</p> | <p>Caraway Suite Room & Toilets</p> <p>The Caraway Suite is the first building as you enter the school site.</p> |
| <p>Courses</p> | <p>Points scored will be attributed to YHOA Urban League as well as UKUL. Course lengths.</p> |
| <p>Course A</p> | <p>Open Men (M18-M35) 8.4km 34 controls</p> |
| <p>Course B</p> | <p>Open Women (W18-W35) Veteran Men (M40+) 7.2km 29 controls</p> |
| <p>Course C</p> | <p>Veteran Women (W40+) Super Veteran Men (M55+) 5.9km 24 controls</p> |
| <p>Course D</p> | <p>Super Veteran Women (W55+) Ultra Veteran Men (M65+) 4.7km 21 controls</p> |
| <p>Course E</p> | <p>Ultra Veteran Women (W65+) 3.5km 17 controls</p> |
| <p>Course F</p> | <p>Junior Men (M16-) Junior Women (W16-) 3.5km 17 controls</p> |
| <p>Course G</p> | <p>Young Junior Men (M12-) Young Junior Women (W12-) 2.0km 10 controls</p> |
| <p>SPRINT</p> | <p>EOD £2 - Starts from 11.30 - 16years and over only: Scale 1:4000 This event can be entered after your Urban League run not before. 2.3km 14 controls</p> |
| <p>Terrain</p> | <p>Mixed housing estates, with a very complex and detailed area of social housing. In the centre of the map is a rustic park surrounding the River Freshney which has several crossing points. The area was used last year for two local events and a WOC training session. No major roads run through the competition area but local roads can be busy.</p> |



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| Map | <p>The map area has been extended to the South and East by Pete Harris to accommodate the longer courses, which will be required for the UK Urban League Event.</p> <p>The maps at a scale of 1:5000 will be printed on A3 waterproof paper by 'BML PRINT'. Control descriptions will be available in the start lanes. Sprint map is 1:4000 A4 on waterproof recyclable paper.</p> <p>The area used for junior courses will have a minimal number of minor road crossings.</p> |
| Entries | <p>Online entries via Fabian4 are closed (15th May). EOD Adult fees £9 with concessions for juniors & students. SI Card hire is (£1) and pre-hired cards will be available from Registration.</p> |
| Registration | <p>9:45 – 12:00 – pre-entries need not visit registration unless a change in course is required.</p> |
| Starts | <p>Urban League 10:30 to 13:00 SPRINT from 11:30 – (last Sprint Start at 13:30)</p> <p>Junior Start 350m via car park exit then South East to mini round-a-bout then turn left. This Start avoids road crossings during the course.</p> <p>Main Start 100m from registration at car park exit.</p> <p>Both Starts will be queuing only. This event level does not require pre allocated start times. The early, middle and late preferences requested on Fabian4 are well spread out so please stick to those to avoid long queues.</p> |
| Road Safety | <p>Cross all roads with care.</p> <p>Course F has a marshalled crossing at a Zebra Crossing between controls 5 & 6.</p> <p>Course G has no road crossings.</p> |

Officials

Planner: Pete Harris **Controller:** Jeff Baker (LOG) **Organiser:** Brian Slater

Thank you for supporting this event and we look forward to seeing you - HALO

