

East Yorks XC League - Race No 1 - Bishop Wilton 2018-19

Sunday 30th September - Hosted by Pocklington Runners

10 a.m. start

Route – As previous years 10k & hilly. [Click here](#) to view Route. Studs/grippy trainers recommended as mud is usually guaranteed.

Parking and toilet facilities will be at the village hall (Post code YO42 1ST) this year and **not the pub**, but parking is limited so please **car share** and **respect** the locals when parking, so that we can keep using these locations in the future.

As the start is earlier this year can I please ask you all to respect the people who live in the village and keep noise to a minimum.

There are no changing facilities or showers so arrive ready to run.

Don't forget your number - either register on Wed Club nights or please arrive in good time to collect a number on the day. I am planning to run so I may be warming up shortly before the start. Same number is to be used for all league races.

Club Colours - As this is an inter-club competition club colours are required.

"in the wash" is no excuse! To get a second vest or T-shirt in blue & gold contact [Neil Bant](#) by clicking here.

Location - Map below or [click](#) to view



I'll look forward to seeing you all
Have a good run!

David Morrison

If further info required please [email](#)