

## EAST YORKSHIRE XC LEAGUE RACE 5 – WELTON

Hosted by Goole Viking Striders & Selby Striders.

10:00 am, Sunday, 10th February 2019.

Dear fellow EYXC runners,

As, in previous years the Goole VS and Selby Striders race in the League will be from Welton, just off the A63 to the west of Hull.

The route is approx. 6.3 miles, same extended route as in 2018, starting and finishing in Welton Dale to the north of the village. There's a variety of underfoot conditions, course can be very muddy in places, therefore xc or trail shoes are recommended.

Car parking will be wherever you can in the village, but please be considerate and do not block resident's driveways. Complaints have been received in the past. PLEASE CAR SHARE IF POSSIBLE. The start is about a 10 minutes jog up the road from the village.

Toilets will be available in Welton village hall between 8.30 and 9.45am. The hall has green doors on the left hand side of the road opposite the church. Changing facilities are also available in the hall's committee room, first door on the left after you go in. Note: there will be no portable toilets at the start/finish area

Tea, coffee, biscuits etc. available at the finish.

See you on the day, and have a good run.

Richard Bramham

for Goole Viking Striders and Selby Striders

I look forward to seeing you all there on the day, its not too late to take part  
see me before the race to get a number.

David Morrison.