

East Yorkshire XC League – Race 4

Sledmere Estate – Sunday 6th January 2019

Hosted by Drifffield Striders

Start Time: 11.00am!

Please note the start is 11am as we are not able to set the course up the day before and limited daylight means we can't start until 8am on the day.

Location and Directions

The cross country is the same location as previous years in Sledmere Estate.

From Drifffield:

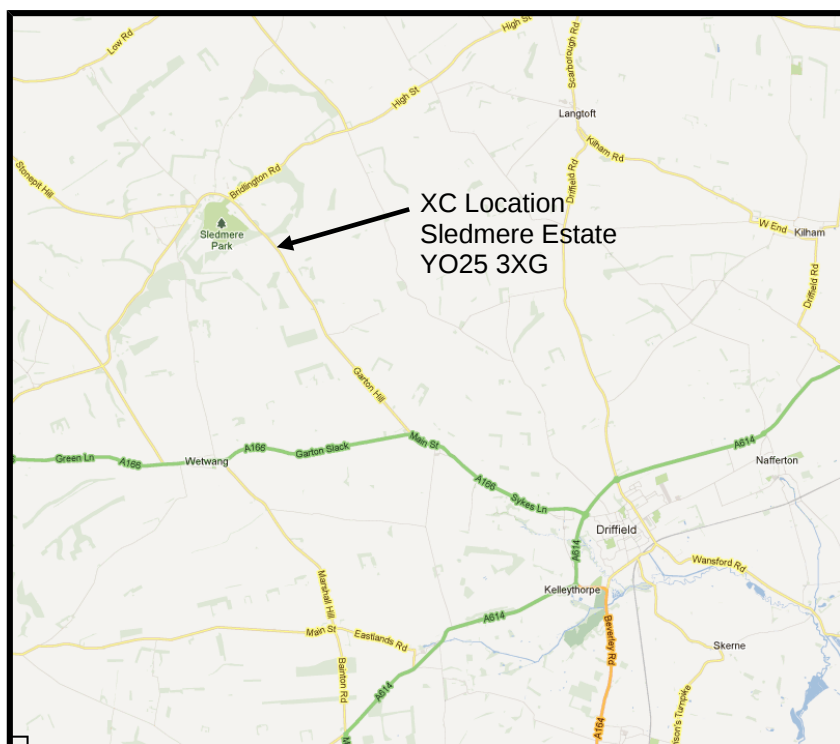
Head out of Drifffield on the A166 to Garton on the Wolds, at the end of the village turn right on the B1252 signposted "Sledmere". Proceed to the village of Sledmere, the car park is outlined below and will be signposted.

From Bridlington and Scarborough:

Follow the B1253 from Bridlington. Scarborough traffic can join this road at the roundabout with the B1249 Staxston to Drifffield road. Follow the road into Sledmere to the T junction and turn right. Parking is past the Pub as described below.

Directions can also be found at the Sledmere House website www.sledmerehouse.com/visiting.html

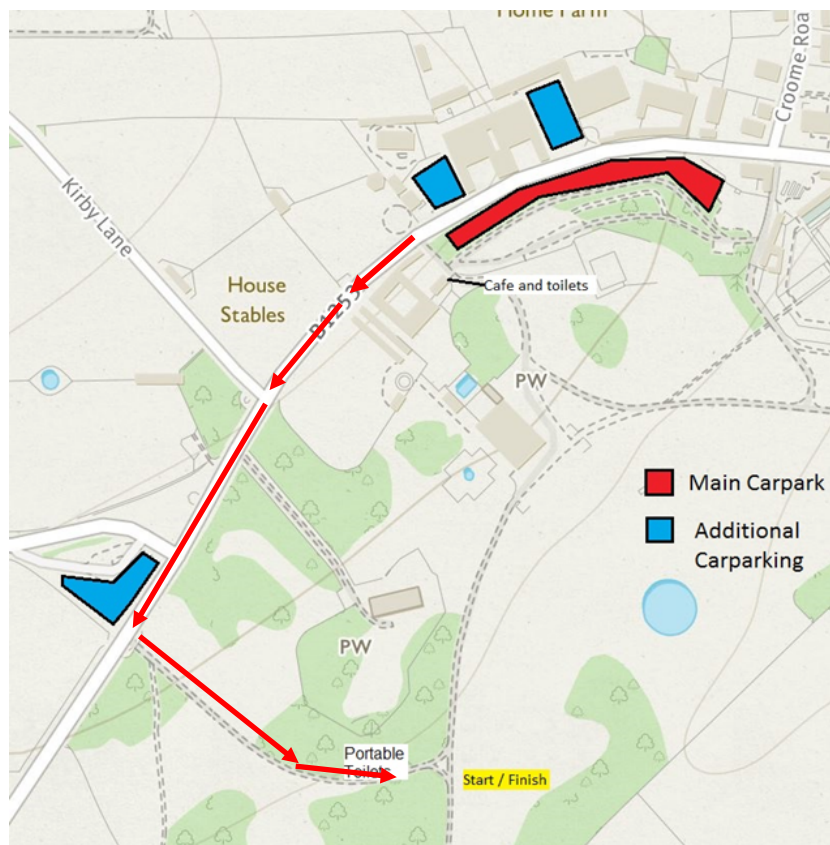
See location map below:



Facilities

Parking:

There is parking in the grounds of Sledmere which will be signposted from the road marked in red on the map below. There should be plenty of parking in the hall however there is alternative parking in the areas marked in blue. If the main car park is full marshals will direct you to the additional parking, please take the advice of the marshals. To get from the parking to the start there is a small walk back out onto the road, marked by the red arrows on the map, this will be signposted. Please don't access the start by walking in front of the house as the Sykes family live there and this is crossing their front lawn!!



Toilets:

There are toilets at the café next to the main car park (café will be closed) and additional portaloos at the start. It's a 5min walk/ 2min run from the toilets by the main car park to the start so please leave enough time. **Do not use any part of the grounds as a toilet – this is a private estate and we want to be able to use the course again.**

Route (see map below):

The course is very similar to last year in the private grounds of Sledmere estate, please follow the signs and marshals when running. The course is approximately 7 miles and comprises of either grass or fast chalk paths. There are normally no very muddy sections and there are no very steep hills; however there is a long steady climb of more than a mile on each lap. There could be three gates to climb over; however these may be opened on the day. Studded off road shoes or spikes are recommended.

Refreshments:

Hot drinks and snacks will be available after the run – please could clubs arrange to bring flasks of hot water to help.

Important:

This is a private estate and we have permission to use it only on the day. You cannot go and run the course before the day of the race.

Have a great run!

Driffeld Striders

Route Map

