

NOTE REVISED DATE
30th CANNOCK CHASE TRIG POINT RACE

We are pleased to be able to confirm that access agreement has been given and the race will again take place. It will be held on **Sunday 22nd January 2017** with all of the usual facilities and arrangements. Essentially these are:

Registration and race HQ-Milford Hall Cricket Club, Main Road Milford, nr. Stafford, ST17 0UL

Registration from 0930-10.30, with race briefing at start for all at 10.50

Entry –On the day only-£12 to cover (increased) access fees, SI timing, free refreshments (soup and cakes), use of clubhouse and showers, and 30th Anniversary memento for all entrants

Race limit-160 runners

Mandatory kit-This race is held in the middle of winter when weather conditions can and have been unpredictable and changeable. It is a tough and strenuous challenge not to be undertaken unless you are absolutely sure you can finish in a little over 3 hours. **SO FULL FRA KIT** requirements will be applied and implemented. This means that full body cover-waterproof and windproof-must be worn or carried. Hat, gloves, whistle and a map are also mandatory (Specially drawn waterproof race maps will be available to purchase at the clubhouse). FOLLOWING AN UNPLEASANT INCIDENT LAST YEAR THERE WILL BE FULL CHECKS AND “NO KIT NO GO” WILL BE ENFORCED.

Course-The **start** and **finish** are both a 7-8 minute walk from the cricket club.

1 Start- Milford Common (975 210)

5 Brereton Spurs (038 152)

2 Rifle Range (995 180)

6 Moors Gorse* (as 3)

3 Moors Gorse crossing* (drinks point) (025 151)

7 Glacial Boulder (980 181)

4 Castle Ring (043 128)

8 Finish-Milford Common (975 210)

*There is a 2 minute (maximum) timed out section at both the outward and return road crossing at Moors Gorse recorded through SI timing. **Great care is needed when crossing this busy main road.** A taped route must be followed on the exit from Brereton Spurs to avoid mountain bike areas. Alternatively you can retrace your route back along the minor road to a suitable point to continue navigating to Moors Gorse.

There will be a compulsory withdraw point at the outward refreshments point of Moors Gorse for anyone who arrives there later than 65 minutes after the race start

Organiser Bob Dredge, 4 Walton Lane, Brocton, Stafford, and ST17 0TT. Email at:

bob_dredge@hotmail.com

Emergency Contact on day 07974 089335

If necessary details will be updated on www.merciafellrunners.org.uk .