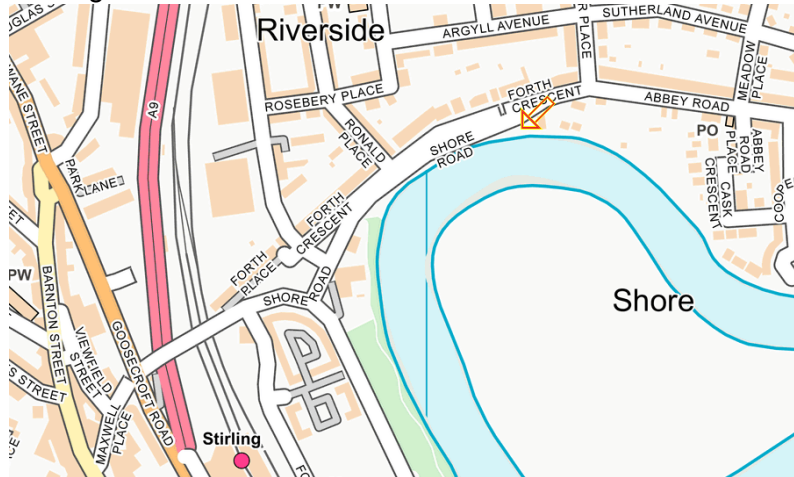


Riverside Sprint Event – 5th October 2022 Final Details

Parking: Available on Shore Road and other roads nearby
OS Grid reference NS 801 939

Google maps: <https://goo.gl/maps/Ba75vfQqBMPqgxVCA>

What 3 words: design.else.normal



Start/Finish: Grassy area immediately south of Shore Road

Terrain: Mixed residential area. All courses are mostly on hard surfaces with some parkland.

Toilets: There are no toilets at the event.

Safety:

- All courses cross minor (20mph) roads several times. **Under 16s must be shadowed by a responsible adult.**
- Please be sensitive to local residents and observe out of bounds areas. Take particular care on blind bends.
- All courses go into a park that is accessed with wooden steps, take care on these especially if it's wet.
- If you are unwell with COVID-19 symptoms or have a high temperature, you should follow the 'Stay at Home' guidance available on [NHS Inform](https://www.nhs.uk).

Map: 1:4,000 2.5m contour interval, surveyed by G Gristwood 2014 with recent map updates.

Control Descriptions: will be printed on the front of the map. No loose control descriptions but a pdf will be available for printing from the FVO website.

Courses (based on optimal distance):

Long: 5.4 km with minimal climb and 29 controls

Short: 3.7 km with minimal climb and 24 controls

Long course has a map-flip partway round.

Courses close at 7:30pm. All participants **MUST** report to the finish by that time.

Participants take part at their own risk – any participants with relevant pre-existing medical conditions which might affect their participation should disclose them to the race organisers before they start.

Organiser: John Heaton, 07977 216969, omil@theheatons.org.uk