



8th York City Park Race Trophy

Bank Holiday Monday 26th May 2008

FINAL DETAILS

- If you have pre-registered you may go straight to the start at the Railway Museum.
- There are two public entrances to the National Railway Museum - but you should NOT go to these. You need to find the start which is on Leeman Road between the two entrances to the museum, more or less opposite the big Wheel.
- There is a public Pay car park near the Museum.
- There is NO clothing dump at the Museum. Clothing may be left at Registration in St Sampson's Square, which is also the finish, and 10 minutes walk from the start.
- It will be a PUNCHING START.

Important safety instructions.

1. The section of the course that takes place in the National Railway Museum is not timed and competitors must not run or even walk quickly under any circumstances. All other visitors to the museum have priority over you at all points on the course and you are expected to wait patiently if they are where you need to be. If the fire alarm sounds follow the routes signed or instructions given by Museum staff.
2. In the city centre there is a risk of colliding with non-orientees who will obviously not be expecting a runner to come suddenly round the corner. It is your duty to consider their safety rather than your race speed. Take corners slowly and run wide. In places there will be organised groups, tables and chairs of street cafes, buskers, and so on – York is very busy so please be considerate at all times.
3. Courses A and B cross roads. There may be cars on all roads and streets, even those pedestrianised. Two roads are very busy – look and listen before crossing.
4. Course C: competitors and their parents should be aware that even these courses will encounter cars on roads (one quiet road has no pavement) and cars crossing pavements (for example to enter driveways). If you consider your child needs shadowing, ask at enquiries.
5. For all courses, the riverbanks are steep. It's not easy to get out if you fall in. Rivers cannot be crossed except on bridges. There is no need to go down the steep banks for any controls.