

# EAST YORKSHIRE CROSS COUNTRY LEAGUE

## RACE NO 5 - WELTON

Hosted by GOOLE VIKING Striders

11:00 am Sunday 12<sup>th</sup> February 2012

Dear Fellow 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 approximately 6 miles, starting and finishing in Welton Dale to the north of the village.

There is a variety of underfoot conditions so studs are ideal.

Car parking will be wherever you can in the village. Be considerate and do not block residents driveways

The start is about 5 minutes jog up the road.

Toilets will be available up to 11am in the Village Hall, which you will see with the green doors on the left hand side opposite the pond and church in the village. Changing facilities if required - Committee Room (1<sup>st</sup> on left)

As always the Green Dragons hospitality will be available after the race.

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

David Hanney

**Goole Viking Striders.**

### **Note for Beverley AC Runners**

Don't forget your number – If you have not yet taken part (all abilities welcome) register on Wed Club nights or arrive in good time to collect number on the day.