

SROC SUMMER SPRINTS: WELLINGTON WOOD, 3rd MAY 2022

Further Details:

Wellington Wood, so called because it was planted just after the Battle of Waterloo, is a small but delightful bluebell wood of mixed deciduous trees, some holly and numerous streams and ditches. Generally, it is very runnable, though pockets of brashings and brambles mean that full leg cover is strongly recommended. Here and there runners might come across old farm machinery and pheasant feeding stations, which have not been mapped. The recent storms have also caused some windblown, but of single trees which are easily avoided.

Parking:

Grid Ref 507 544. Linear on the roadside adjacent to the wood and the Starts/Finish. The road is narrow so please park sensibly with two wheels on the grass verge and two just on the road surface. The event will be signed from the roundabout at Four Lane Ends at Dolphinholme Village (take Star Bank Lane) and at Five Lane Ends, which is the other end of the same road. From Galgate, take the Chipping Road and after a mile or so you come to the Five lanes junction. Take the second left and you are all but there.

Start/Finish:

All Starts and Finishes are together, and also adjacent to the road parking. All Starts are from 6.30 – 7.00 pm.

There are two courses, the main one consisting of a **Prologue**, followed as soon as possible by the **Final**. Provided all the Prologue runners have finished, it will be possible for runners to start the Final when they are ready. Everyone else will be arranged by Prologue times (fastest at the back of the queue) for the usual chasing start.

A **Score** event is also offered, mainly for Juniors or newcomers. This involves finding as many controls, taken in any order, in a 45 minutes time limit. Each control is worth 10 points but if you go over time the penalty is severe – minus 5 points for every minute.

Download:

Please remember to download each time you finish. It shouldn't be difficult as it will also be adjacent to the Finish.