

Alan Greenwood

Subject: The Hebden 2013-Bulletin No 1

This Bulletin contains information you might not have read or which we have not publicised. It is being sent to Sportident entrants only using that company's group email facility.

Showers in the Community Centre

You can get showered in the Community Centre at a cost of £1. I am told that the hot water heating has been improved so you should not have a cold shower. There are separate facilities for men and women.

Mobile Refreshment Van

We provide tea, coffee and toast free of charge in the Hall but if you want more there will be a mobile refreshment van in the Community Centre Car Park from about 6.30am.

Sport Massage at Finish

Unfortunately Charlotte of Back 2 Fitness is not available this year.

Toilets

There are men, women and unisex toilets in the Church Hall at the start and finish. Public toilets are also available on the corner just over the bridge from about 7.00am at a cost of 20p. Change available at registration. There is also a toilet available at CP3 courtesy of Steve the workshop owner.

Route Damage

The paths and tracks have been damaged down to the bedrock in several areas due to the rain. On the other hand a lot of work has been done by us clearing brambles, holly bushes, and fallen trees. Several stiles have been repaired by the council. Cannot guarantee we got every bramble.

Finishing Times

Finishing times are to the lowest whole minute with entrants on the same minute displayed in arrival order.

Waiting List

We have run an unpublicised waiting list this year and numbers on it are now nearing 60. If you intend to be a no show for whatever reason please email Carole on caroleengel@yahoo.co.uk right up to 5.30 am on the day. It will help us and ensure someone else gets an outing.

Checkpoint Closing Times

This year we shall be enforcing checkpoint closing times as follows: CP2 - 11.08 am CP3 - 12.26 pm CP4 - 01.51 pm. Anyone arriving late at CP2 and CP3 will be withdrawn at CP3 and directed back along the canal. Anyone arriving late at CP4 will not be withdrawn but must complete the short route.

Route Selection

Entrants can change route at CP4 if they so wish.

Weather

Anybody's guess although not looking wet.

Photos

Sport Sunday will be around the route taking photos. Please apply direct to their website for copies.

Feed Back

We welcome feed-back even criticism.