

Hadleigh Hares - 53-12 Cross Country Race

Sunday 15th January 2012

Junior Race 10.00am start

Senior Race – 10.45am start

Course Details

The venue for this year's event is Holbecks farm, Hadleigh which is located just on the out skirts of the town. There are two events taking place, a senior race for competitors of 16+ years run on a fairly hilly course over a distance of about 5 miles, mainly on public foot paths, bridal ways and tracks of which competitors will have to run twice in order to complete the race distance. A junior race for younger competitors between the age of 8 – 17 years with a course distance of about 1 mile run mainly within the confines of the farm on public foot paths and marked field routes. This has proven to be a very popular event for Hadleigh Hares in the cross country calendar during the past years and has been well attended by all club league members. Free parking, changing and toilet facilities will be available on the morning of the event, with refreshments being served and race results announced following the completion of the race.

Directions to Hadleigh, Suffolk

The start of the Hadleigh Cross Country event is close to the **Hadleigh United Football Ground, Tinkers Lane, IP7 5NG**. There is ample parking in the field adjacent to the start and finish positions. Alternatively you can use one of the local car parks in Magdalen Road (behind Co-op) Hadleigh, but please allow yourself time to walk to the race facilities which should take no more than 10-15 minutes.

From Ipswich

- Join the A1071 heading towards Hadleigh
- Continue on A1071 for approx 7 miles
- Turn left onto Lady Lane B1070
- After approx 0.5 miles turn left at the second mini roundabout into the high street.
- After about 400 yard turn right into Duke Street
- Car park just over bridge on right

From Colchester

- Join the A12 heading towards Ipswich
- Turn left onto B1070 signposted Hadleigh
- Continue on B1070 for approx 4 miles
- Continue through Benton Street to T junction

- Continue straight into the high Street.
- Turn second left into Duke Street.
- Car park just over bridge on right.

From Bury St Edmunds

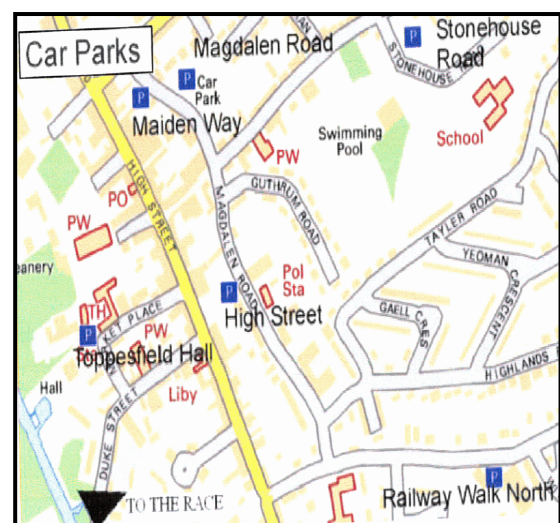
- Join the A134 heading towards Sudbury
- Turn left onto A1141
- Continue on A1141 for approx 13 miles
- Turn left onto A1071 for approx 200m
- Turn next right onto Gallows Hill B1070
- Continue on B1070 into the High Street
- Turn forth right into Duke Street.
- Car park just over bridge on right.

Road safety

Whilst the main road outside the football ground is not very busy on a Sunday morning, please be careful when returning to the Football Club. Please ensure that all young children are accompanied when crossing the road.

Competitor conduct

Competitors and spectators are reminded that they share the Football Ground, parks and the roads with other pedestrians and car users who may not be fully aware of the event. We ask that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in immediate disqualification from the event. Please try to remain courteous on the road even if other road users may not offer you the same respect.



Event facilities

Changing facilities

Male and female changing rooms are available within the football club. Male and female toilets

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are also available, but we respectfully request that you do not use these facilities for changing.

Please ensure that you do not enter the main Club House wearing muddy / wet trainers

Refreshments

The Football Club tea / burger bar will be open before, during and after the race (serving hot and cold drinks, sweets and hot food).

Race start & finish

The Hadleigh Cross Country Senior race and the junior cross country race both start in the same field adjacent to the car park. The junior race starts at 10:00 prompt, and the senior race at 10:45. Following completion of the races the results will be announced in the Foot ball Club.

The photo below details both the senior and junior courses run in a clock wise direction. Only the senior course will be two laps. Car park and changing facilities.

Senior Course – Red

Junior Course – Green

Club Captains

In order that the race results can be processed as quickly as possible, can all results be placed in the box provided at the finish line as soon as possible follow the race.

And finally

The Hadleigh Hares committee would like to wish you well with your race and hope you have a safe and enjoyable event. Please feel free to e-mail us comments, criticisms and suggestions – we are always looking for ways to improve our events.

e-mail: crosscountry@hadleighhares.co.uk

web site: www.hadleighhares.co.uk

