

53-12 CROSS COUNTRY LEAGUE

SUNDAY 12 FEBRUARY 2012

HOSTED BY WITHAM RUNNING CLUB AT THE DISCOVERY CENTRE,
GREAT NOTLEY COUNTRY PARK, BRAINTREE, CM77 7FS
Tel: 01376 347134

Licence Number : 2012-103187

10:00 am Junior Race over 1.5 miles

10:45 am Senior Race over 5 miles

£2 Per Senior Club Runner, No Guests

The 5 mile course is primarily flat, mainly on grass with a couple of challenging hills around a public park and adjacent fields on footpaths and bridleways. There will be signs and marshalls warning the public of the race, and guiding runners. First aid will be provided by St John Ambulance and any marshall will be able to summon them if required

The Great Notley Discovery Centre is on the A131 Great Notley Bypass. Follow signs for Braintree, then Great Notley and finally the Discovery Centre. Runners should park in the car park immediately on the right when entering the park. The parking charges are £2 per car and we would encourage car sharing where possible. Additional parking is available at the Tesco store opposite.

Changing facilities are available. Please be aware that this facility is open to the public and do not use the refreshment area for changing.