

Dear Team Manager

Some info about the race at West Park, Long Eaton, NG10 4AA.

General Points - PARKING

Please use the competitor's parking area, approx 100m beyond West Park Leisure Centre main vehicle entrance on left hand side, if approaching from J25,M1. (Opposite Georges Fish Restaurant)

If travelling south on M1 or A52 from Nottingham Exit J25, take Long Eaton exit, drive past hotels, right at mini roundabout (B6002) to island (Eaton Farm PH opposite right), straight on, West Park leisure Centre approx. 750m on left.

If approaching from Beeston Drive over The Green in Long Eaton TC in Derby direction. Turn left at Eaton Farm island. See above.

Toilets available in West Park Leisure Centre, or Long Eaton RFC, but no spikes are to be worn in either building. No changing rooms available.

Club Tents The area for these will be clearly marked, and is very close to the parking, and start & finish area .

Nb. The course is most suitable for studded XC/fell shoes, however, short spikes will be fine if preferred. There is one concrete path to cross (one stride if you time it right). Otherwise, all grass & trail. **Flat & fast!**

The distances will be:

Women 5k – 2 x 2.5k laps

Men 7.5k – 3 x 2.5k laps Distance is approximate, and the lap follows the BMAF Cross Country Relays course, but is shortened to avoid a clash with Sunday football matches.

League Presentation The presentation for the will be made ASAP after the race in the cafe/bar area at Long Eaton RFC Clubhouse. Please note that we are sharing the facility with other training groups.

Rob Fox
Race Organiser,
Long Eaton RC.

www.longeatonrunningclub.com