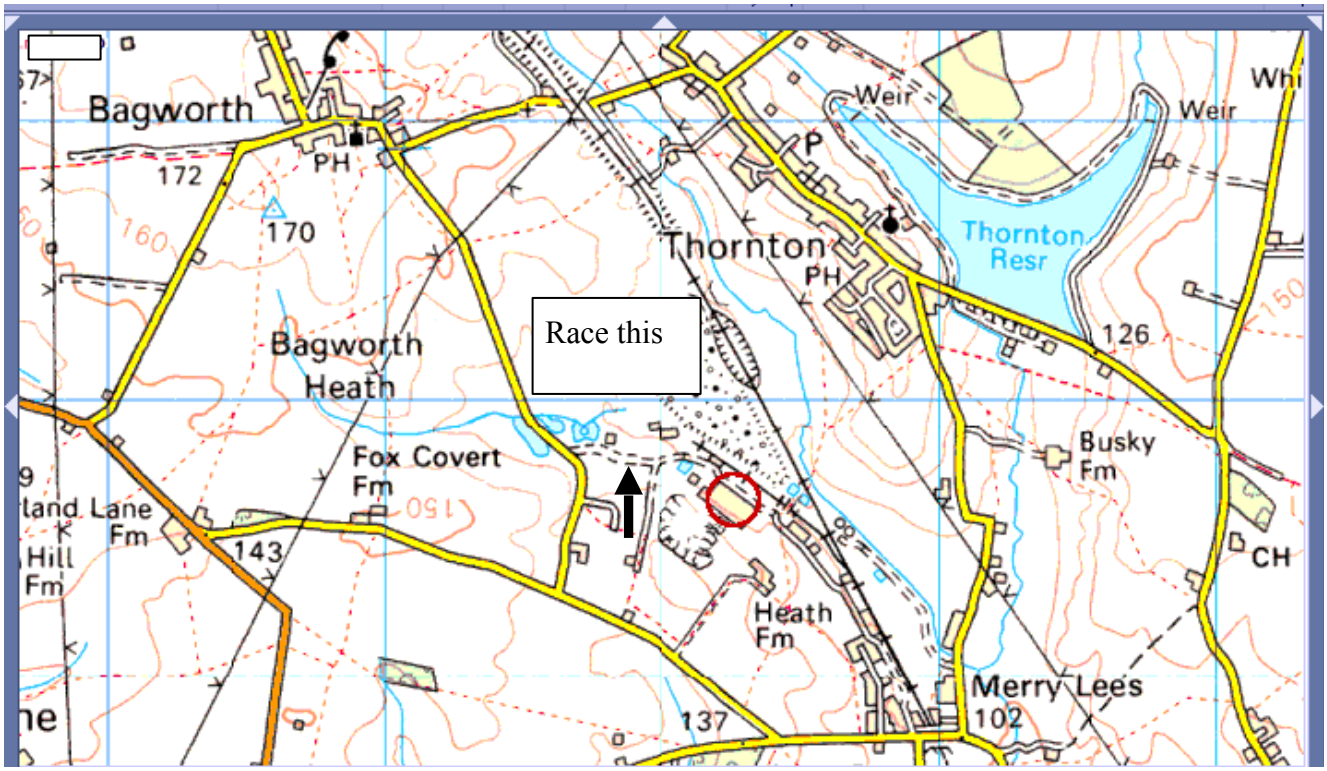
DESFORD STRIDERS INFORMATION SHEET

Race permit no. ARC 17/481
Derby Runner Cross Country League - Race 1
Leicester/Derby Division
Bagworth Heath
Sunday 22nd October 2017



Location: Bagworth Heath Woods, Heath Road, Bagworth, Coalville, LE67 1DL.

Directions: From Thornton or Merry Lees, take signs to Bagworth, then Bagworth Heath Woods.

Parking: **VERY LIMITED - CAR SHARING ESSENTIAL**
Course **:** On Thornton side of the Heath.
Junior race approx. 10.30am, one or two laps of field depending on age - 1 & 2 Miles

Main race: start 11am (note-all runners will start together-no split start for this race);
Approx 6.5 miles; comprising of two long laps; testing hill on both laps; woodland and grassland tracks; approx 150m of compacted gravel over tarmac bridle path on both laps. Note the route has some very slippy sections.

Footwear: Spikes, or 'off-road' shoes would be suitable. Note – there are some sections of gravel track.

Toilets, showers and changing: SiD, Peckleton Lane, Desford LE9 9JU. Approx. 2miles from race, see map.

Results: SiD, Peckleton Lane, Desford LE9 9JU. Approx. 2miles from race, see map overleaf

Contact: Steve Morris, Race Co-Ordinator, 07926 152345

All runners enter at their own risk. The organisers will in no way be held responsible for any loss or damage to property or for any injury incurred