

Derby Runner X/C Series Race No 1



Organised by Hermitage Harriers R.C.



SUNDAY 30th. October 2016

Holly Hayes Wood, Whitwick, Leics

Staged with the kind permission of Friends of Holly Hayes Wood www.friendsofhollyhayeswood.org.uk

PERMIT No. MCAA /056 / 2016

Same Venue as 2015

MAIN/OFFICIAL MARSHALLED CAR PARKING is at King Edward VII College/Castle Rock High School reached off both Meadow Lane and Warren Hills Road. Use LE67 4BR on Sat Navs.

In light of increasing numbers, 3 people minimum in a car please.

Additional parking for a few cars at Midland Quarry Products, Leicester Rd. near the northernmost extremity of the course (you pass this in the Hermitage 10K) and Forest Rock Offices, top of Meadow Lane.

Additional street parking along Meadow Lane.

Please allow 10 minutes walk to the start/finish area from MAIN car parking.

Thereafter several roads also border the woods/course with direct footpaths leading from Abbots Oak Dr, Rosslyn Rd, Holly Hayes Rd, St. Bernard's Rd, Leicester Rd. Not an official endorsementjust telling you what these roads are called. IF you park on these or Rosemary Cres, Peterfield Rd & Tressell Rd then please do NOT block drives or cause inconvenience to residents. **DO NOT PARK on Hayes Close**

Grid ref for X/C course (not the car parking) is SK443 154

New Tent Area on Hilary Crescent near to start/finish, and just a 2 minute walk from the Pub/Results. Please only drop tents off here and DO NOT PARK – the Paramedics will park up here.

No Toilets available.

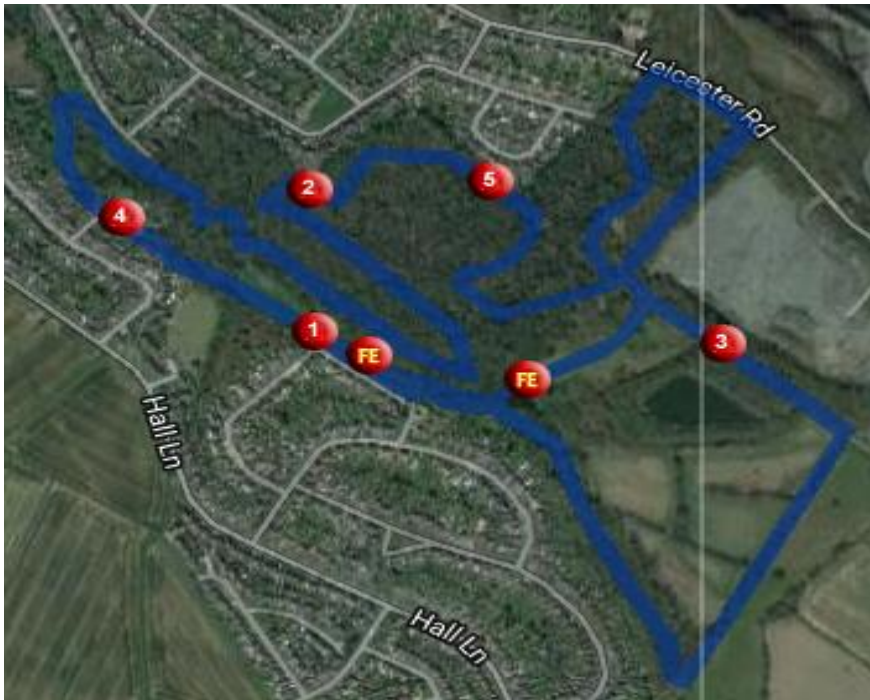
Start Times: Juniors 10:30 am Adults 11:00 am

Course details/footwear: 80 metres of tarmac per lap (Adults), some slightly gravelled paths – otherwise grass, and woodland (tree roots, rocks, mud and trail paths) with 1 stile crossing per lap and 5 brook crossing in total for adults.

Junior (2015 course but start/finish nearer to new tent area) Under 10's 1 lap woodland trail (approx. 1 mile), Under 16's 2 laps. Loop prior to moving start/finish shown here:

<http://www.fetcheveryone.com/routes-view.php?id=1177689>

Adults (approx. 6 miles) –2 large woodland/trail/grass laps described/shown. Slightly more rolling than previous years. <http://www.fetcheveryone.com/routes-view.php?id=1765437>

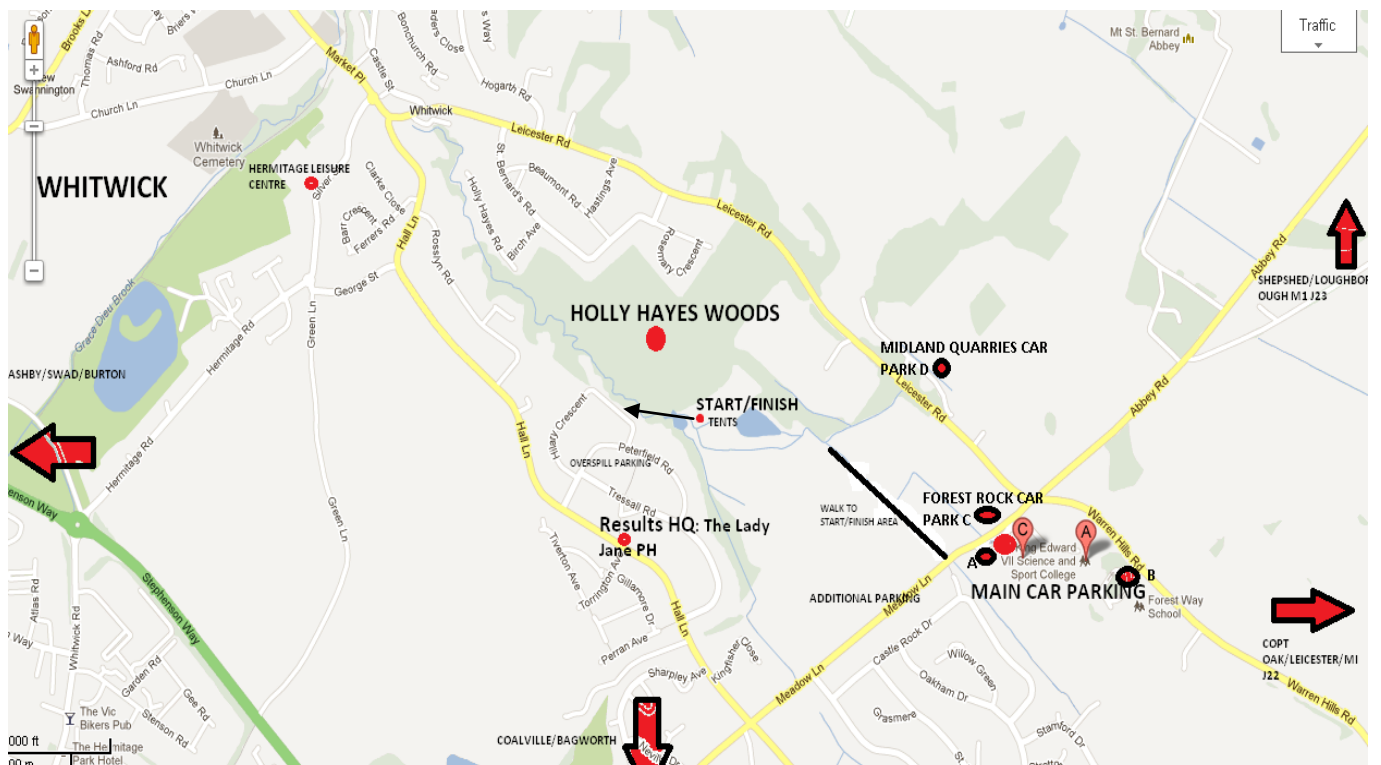


Post race event: The Lady Jane Pub, Hall Lane, Whitwick (only park here if staying for results)

Contact: Paul Gregory 07779 319179 or Andy Buck 07950 397021

Please note the following:

- **Course will be marshalled/pegged/posted – please keep to this**
- **This is public woodland/grassland – please be courteous to the general public**
- **Please take all litter home with you**



Main Car Park A Entrance at Castle Rock School/King Edward VII Colleague on Meadow Lane:



Additional Kind Edward VII Car Park B off Warren Hills Road:



Forest Rock Offices Car Park C (opposite school bus park) at top of Meadow Lane – on the crossroads you run past in the Hermitage 10K:



Entrance to X/C course on Meadow Lane from Car Parks A-C:



Midland Quarry Products Car Park D on Leicester Rd (near top of woods/XC course) – you run past this in the Hermitage 10K:



Entrance to Woods/Course on Leicester Road from car Park D:



Tent-drop ONLY and new Tent Area on Hilary Crescent:

