

Derby Runner X/C Series Race No 1



Organised by Hermitage Harriers R.C.



SUNDAY 17th. November 2019

Holly Hayes Wood, Whitwick, Leics

Staged with the kind permission of Friends of Holly Hayes Wood

PERMIT No. MCAA/077/2019

Same Venue as 2018

Allow 10-15 minutes walk to the start/finish area from car parking areas.

Grid ref for X/C course (not parking): SK443 154

Tents near swings on Hilary Crescent - 5 minute walk to Pub. Please only drop tents off here and DO NOT PARK (road or grass) as Paramedics park and need access.

No Toilets available.

Start Times: Juniors 10:25 am Adults: Men 11:00 am, Ladies 11:05 ALLOW 10 MINS TO WALK TO START and ALL ASSEMBLE BEFORE 11 (MEN NEED ACCESS TO START CLEAR ON THEIR RUN)

Junior Entry £2, Adults £5 (includes a £1 fee per Adult runner to Holly Hayes Wood allowing use of course)

Course details/footwear: 80 metres of tarmac per lap (Adults), some slightly gravelled paths – otherwise grass, and woodland: TREE ROOTS/TRUNKS, VOLCANIC ROCK (not active), mud and trail and 5 brook crossing in total for adults.

Junior: Under 10's 1 lap woodland trail (approx. 0.9 mile), Under 16's 2 laps.

Adults (approx. 5.4 miles) –2 large rolling woodland/trail/grass laps.

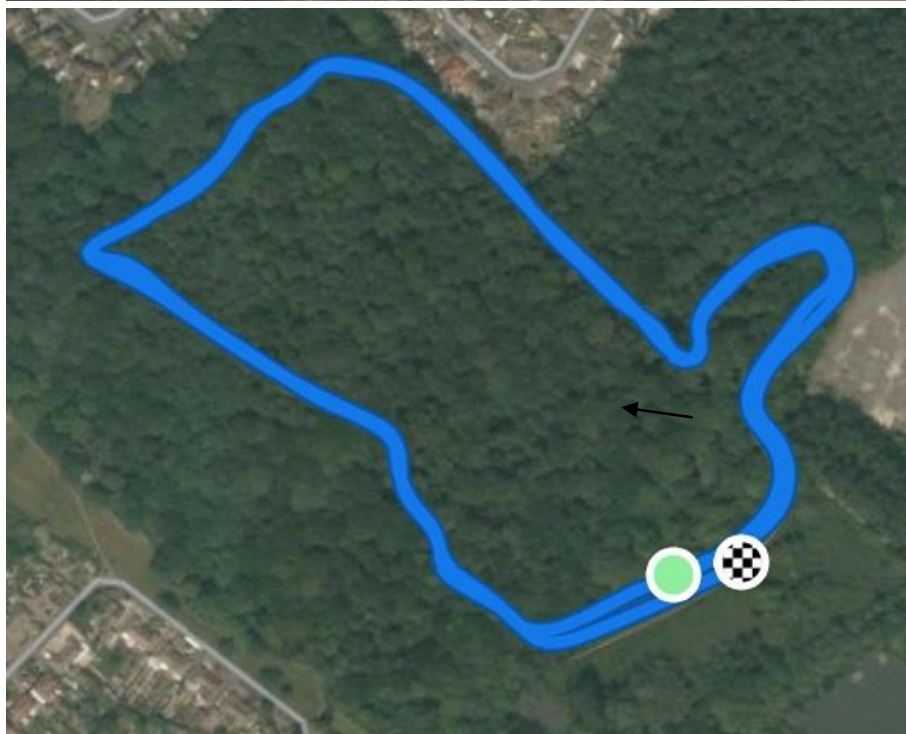
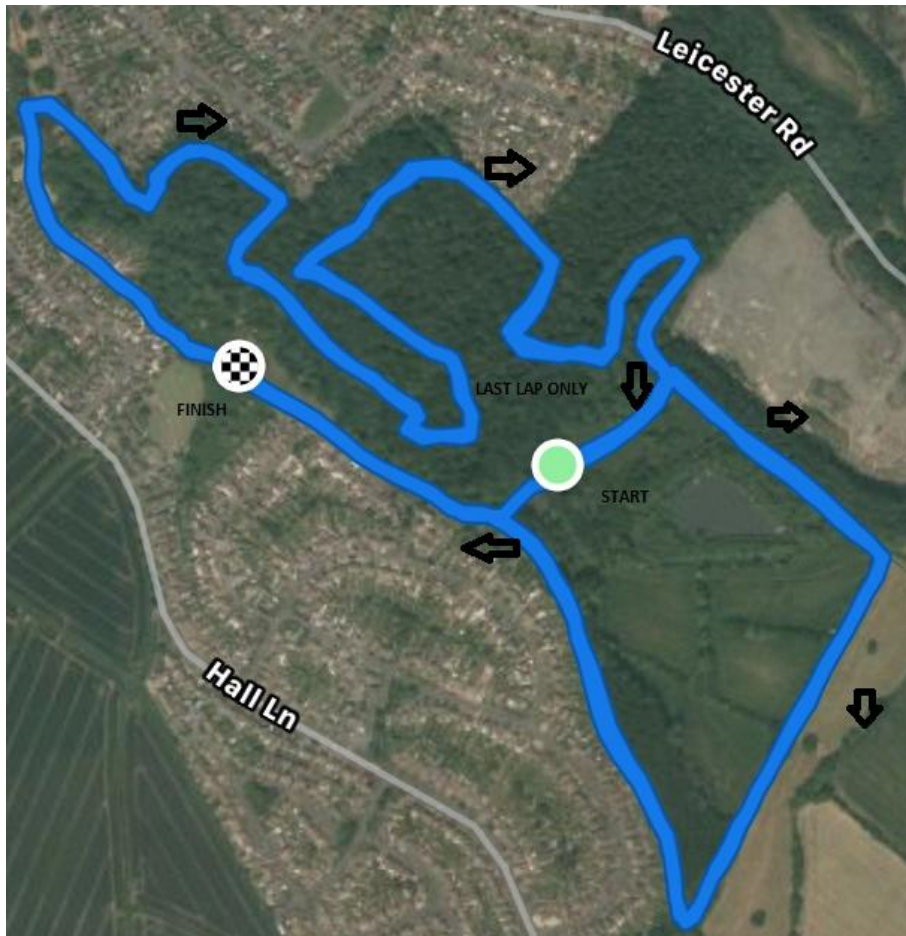
Please note the following:

- 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 (course and car parks)

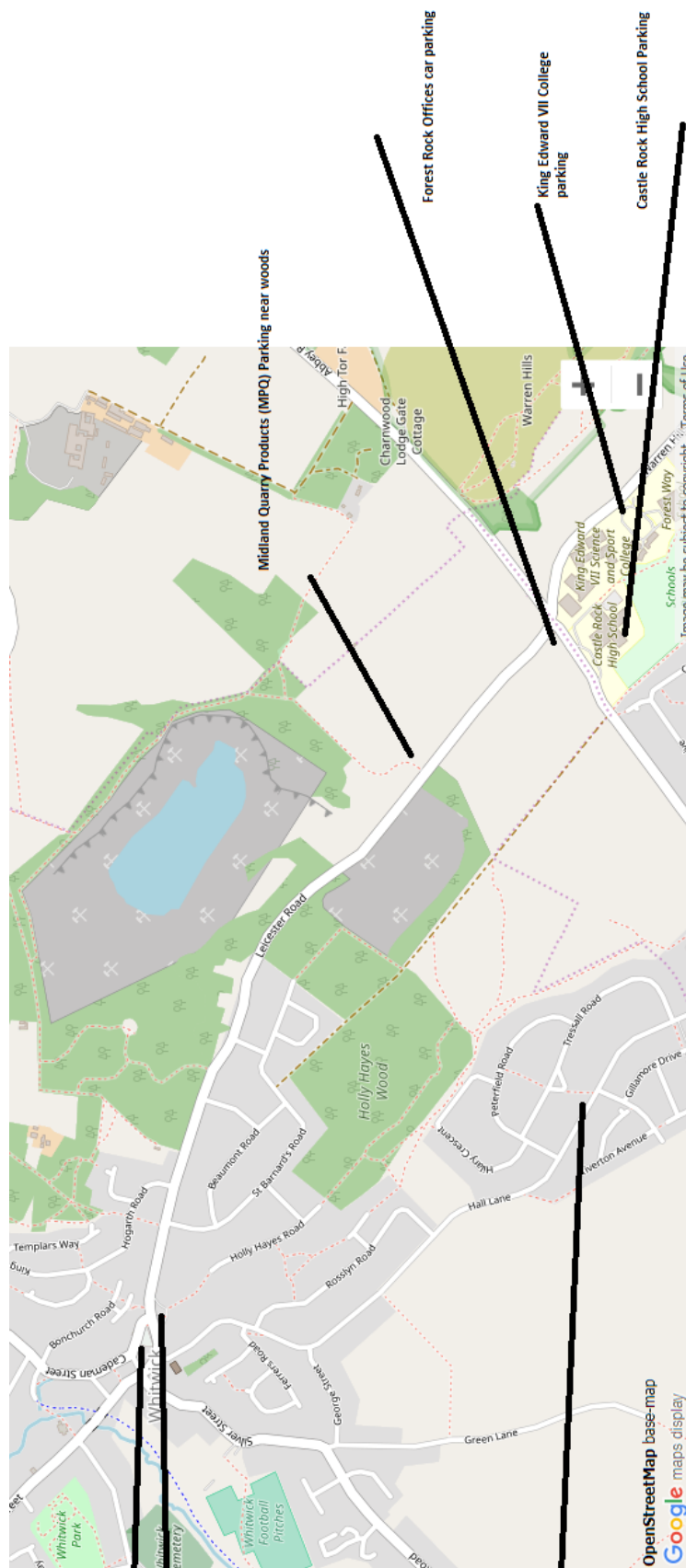
Post race event: The Lady Jane Pub, Hall Lane, Whitwick

Contact: Paul Gregory 07779 319179 or Andy Buck 07950 397021

Adults and Kids course below:



MORE CAR PARKING OPTIONS THIS YEAR (see map). Minimum 3 per car



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**

2 Municipal car parks near start of Hermitage 10K (these are the nearest to tent area and Adult finish

Lady Jane Car Park IF staying for results (near grass)