

## Derby Runner Cross Country League

### National Forest Cross Country Race on Sunday 3 October 2010 organised by West End Runners

**Venue:** South Charnwood High School, Broad Lane, Markfield, Leics LE67 9TB

**Facilities:** toilets and sports hall provided – tents not necessary. (No muddy shoes in sports hall).

**Courses:**

**Short junior** course – 1.1 miles on playing fields.

**Long junior** course – 1.7 miles – part of senior route.

BOTH START 10.30 A.M. and each will have its own hare.

**Senior course** – varied, undulating route of 5.2 miles. START 11 AM for all participants.

Suitable for studs and spikes.

**Post-race results venue:** The Old Thatched Inn, 289 Main Street, Stanton under Bardon, Markfield LE67 9TQ. 01530 242 460. In the games room/bar.

**Directions to race venue:**

From Thornton Reservoir – go past the reservoir on your right, up hill to T junction. Right into Thornton Village. Turn right, signed to school, down Markfield Lane, which becomes Broad Lane and the school is on the right. There are two separate car parks.

From the M1 coming south and off at Junction 22. Take 3<sup>rd</sup> exit off roundabout into Cliffe Lane, next roundabout 2<sup>nd</sup> exit Cliffe Hill Road, then turn left at Elliott's Lane, which turns slightly right and becomes Broad Lane – school is on the left.

**Directions to POST race venue:**

Turn right out of school onto Broad Lane. Take left fork signed to Stanton under Bardon up to T junction. Turn left and continue and take left slip road on a rise into Main Street, Stanton under Bardon. The Old Thatched Inn is on the left. There is some parking and an overflow car park near the recycling bins. Otherwise parking is possible on the street. Pedigree beer, a guest beer, outside seating and a carvery lunch are available.

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