

DAVE MANN / HERMITAGE HARRIERS

DERBY RUNNER CROSS COUNTRY LEAGUE ROUND 2

SUNDAY 21st NOVEMBER 2010

FOREMARK RESERVOIR

[Approx 2 miles west of Ticknall on the road to Milton]

Junior race 10.30 Senior 11.00

**THERE IS A CHARGE TO ENTER THE CAR PARK OF
£2.50
IT IS AN AUTOMATIC MACHINE AND DOES NOT
GIVE CHANGE. BE PREPARED!
PLEASE CAR SHARE**

There are NO changing facilities but toilets are available at the visitors centre

Senior race 2 laps. Approximately 5.5miles.

Terrain for junior race is all grass. Adults will be a mixture of grassland and hard bridle path. There are some steep gradients so spikes or studs are recommended.

****PLEASE BE AWARE AND ALERT TO THE DANGERS OF
THE DEEP WATER- ESPECIALLY IF YOU HAVE CHILDREN****

Severn Trent water PLC is very supportive of our use of the venue. However they insist on a lot of marshalling as the venue is also open to the public and the inherent danger of the water (see point above)
**MARSHALLING HELP FROM OTHER CLUBS WILL BE
GRATEFULLY RECEIVED.** Please gather by the start area at 10.30

for instructions

Post-race social

THE CONSERVATORY

JOHN THOMPSON INN

INGLEBY

DERBY

This watering hole has beer brewed on site in their very own microbrewery. Sunday carvery also available

Further details from Dave Mann 07976 797975 or Paul Gregory 07779 319179