

Sunday Cross Country League

Fairlands Valley Spartans - Home Fixture

Race 3 - UKA Permit number 92:15

****Please note earlier than usual start****

6th Dec 2015 Race Start : **10-00am**

The Course Both women and men will run approximately 5 miles. There will be short run out from the start then two laps. Following this runners will return to the initial start location for the finish.

The course is mostly on well-maintained trails which are part of the Letchworth Greenway. It is fairly hilly and narrow in some places. There is a very short section on road which cannot be avoided.

It is suitable for trail shoes or trainers – spikes are inadvisable as approx. half of the course is on harder trails.

For Directions: See map and course instructions

All parts of the route are on public land and therefore walkers, bikers etc may be on or near the course. There will be plenty of marshals to ensure the safety of runners however please be polite and respectful of the local community at all times.

Race HQ The Fox pub in Willian has kindly agreed to be Race HQ (SG6 2AE).

PLEASE REMOVE MUDDY SHOES ETC BEFORE ENTERING THE BUILDING

There will be toilets available as well as hot drinks on sale before the race from 9am. The garden area will be used as a meeting point for teams and flags etc may be set up as usual if you wish.

There is a short walk / jog to the start (shown on the map) so please arrive as early as possible. Some of this is on road, although the verge will be as short as possible.

Parking is at a premium so PLEASE car share wherever possible.

Limited parking located at the Nuffield Gym which is a 5 minute walk from the Fox pub. The walk from the gym to the Fox will be clearly signposted.

Parking is also available along Letchworth Lane, Baldock Lane, Willian Road and the surrounding roads – please be mindful of usual parking regulations and the local community when parking. There is a local map showing these roads attached.

PLEASE NOTE: There is **no parking** available at The Fox Pub or behind the church for runners.

Address for parking: Nuffield Gym, Letchworth Lane, Letchworth Garden City, Hertfordshire SG6 3NP

Train – from King’s Cross to Letchworth station. The start is 1.5 miles walk / jog from the station – please check Sunday service before leaving.

Cycling / jogging– if you live locally we encourage you to cycle or run to Race HQ – there will be a safe area to lock your bike at the pub and you will be able to leave extra clothing etc here also.

Water and hot drinks will be available at the pub afterwards. You may also wish to book a table at The Fox for Sunday lunch (which is delicious!) – it opens at 12.

If you have any further questions please do not hesitate to contact us:

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