

## DERBY RUNNER CROSS-COUNTRY LEAGUE 2017/18

### RACE 4, ALLESTREE PARK, 21/01/18

#### DERWENT RUNNERS

**Location:** Allestree Park, Derby. Main entrance is off A6 (Duffield Road), just at the Northern boundary of the city. Use post code DE22 2EU.

**Parking:** Car parking is very limited, and the city council has forbidden parking alongside the main entrance road. The main parking is in the wooded area, irregular in shape and not marked out – please park sensibly.

There is a bit more parking around the hall, which is beyond the main carpark.

There is an alternative car park at the top end of the park, off Woodland Road, and another at the Evergreen Club on Cornhill (DE22 2FT). Runners from Derby please use these.

**PLEASE EMPHASISE THE NEED FOR CAR SHARING TO YOUR MEMBERS.**

**Course:** 2 laps of perimeter of the park, approx. 6 miles total. Muddy in parts, but extensive compacted limestone paths at end of lap. Main race starts 11.00. Junior race starts 10.20; 1 or 2 laps of field, depending on age; 1 or 2 miles approx.

**Footwear:** Off-road shoes preferable; spikes not ideal for main race.

**Toilets:** Toilets next to the Hall. No showers.

**Entry Fee:** £3

**Post Race:** Results/social at The Red Cow, 2 St. Edmunds Close, Allestree, DE22 2DZ. Right out of main carpark; at top of hill, go right up Park Lane, and St. Edmunds is about 4<sup>th</sup> on left. Pub is next to church.

**Information:** Barry Warwick 07792 447113 or Dave Mann 07976 797975