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*LONG EATON*

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*RUNNING CLUB*

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Dear Team Manager

Thank you for entering the BMAF Cross Country relays at Long Eaton.

### **General Points**

Please use the competitor's parking area, approx 100m beyond West Park Leisure Centre main vehicle entrance on left hand side, if approaching from J25,M1.

**If travelling south on M1** Exit J25, take Long Eaton (2<sup>nd</sup>) exit, drive past hotels, right at mini roundabout (B6002) to island (Eaton Farm PH opposite right), straight on, West Park leisure Centre approx. 750m on left.

**If travelling from south or west** Either exit at J25,M1 or take A50 towards Stoke at J24. At J1,A50, Long Eaton (B6540 - 5<sup>th</sup> exit, or 2<sup>nd</sup> if approaching from west), through Sawley following Long Eaton Railway Station directions. Turn left at Railway Station (B6002). West Park Leisure Centre approx 1 mile. Nb. Competitors parking area 100m before leisure centre on right hand side.

**If arriving by train** A one mile walk (or bus ride) along Wilsthorpe Road in northerly direction.

**Changing rooms and hot showers are available at Long Eaton Rugby Football Club. NB Please do not use the Leisure Centre changing and showering facilities.**

**Refreshments.** There are hot drinks and snacks available for purchase in the leisure centre foyer, and there is a café inside. **No spikes are to be worn in the Leisure Centre to protect the new flooring.**

**Club Tents** You are welcome to erect your club tents and flags. The area for these will be clearly marked, and is very close to the start & finish and Declaration Area .

Nb. **The course** is most suitable for studded XC/fell shoes, however, short spikes will be fine if preferred. There is one concrete path to cross (one stride if you time it right). Otherwise, all grass & trail.

**TEAM MANAGER'S DECLARATION** Names and running order to be declared **no later than 45 minutes** before each race start time. No changes may be made after declarations have been submitted. Team numbers to be collected at this time. **Look for REGISTRATION AREA sign.**

**NB - On-Line Declarations can be made. Details given at time of team entry.**

**Presentations** The presentation for the Women's and M65+ & M75+ race (start - 12.15) will be made ASAP after that race. Listen for announcements regarding location and timings. The Men's race presentation will take place ASAP after the finish of the race (start - 13.45).

**I hope that you enjoy the event.**

Rob Fox  
Race Organiser, Long Eaton RC.