
LONG EATON



RUNNING CLUB

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 (2nd) 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 - 5th exit, or 2nd 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. You will receive details a few days before the event.

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.