

ELLISONS SOLICITORS CROSS COUNTRY LEAGUE

SUNDAY 9TH FEBRUARY 2020

ABBAY FIELDS COLCHESTER CO2 7GN

Colchester Harriers Athletic Club invite you to the fourth meeting of the season, at Abbey Fields, Colchester, next to the Garrison Athletics Track.

Course

The firm, fast, course is around Abbey Fields, within the boundary of Circular Road. Please see attached picture for the route.

- Junior Race 10am – 1 slightly shorter lap, approximately 1.5 miles.
- Senior Race 10.45am – 3 full laps, approximately 5 miles.

The course is similar to various previous events held here, with a few different twists and turns, and this year going in an anti-clockwise direction. The start is next to the children's playground, with the finish situated in the avenue of trees close to the track perimeter.

Facilities

Toilets, changing rooms, and showers are within the Garrison Track premises. A bar is available for hot and cold drinks in the clubhouse. Colchester Harriers will provide the usual post-race hot drinks in the covered area next to the clubhouse.

First Aid cover will be provided.

Results

Team result sheets should be placed in to the box near the finish line as soon as possible after the race, to help with speedy results announcements. The complete runners finishing lists, discs, and cheques should be taken to the clubhouse.

Parking

The small free car-park next to the track will fill up very quickly so allow time to park in one of the alternative public car-parks shown in a map attached. The off-road parking at the back of the track is at your own risk. Please do not encroach on to the running course.

Please park responsibly, only where it is safe and legal to do so. We encourage you to use the local public car-parks, and respect the local residents. Each year, more and more houses are built, with subsequently more locals and less parking space, so please allow yourselves time to find a safe spot. As always, car-sharing would be a great idea to cut down on congestion.