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# ELLISONS SOLICITORS CROSS COUNTRY LEAGUE

## RACE 2: 3<sup>RD</sup> NOVEMBER 2019

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Hilly Fields Nature Reserve, Colchester

### Venue

The race will be held on Hilly Fields Nature Reserve, Colchester. Parking will be at Colchester Institute: Sheepen Road, Colchester CO3 3LL.

If arriving via the A12 from the south take the A133 exit signposted for Colchester Central. Follow the signs for Town Centre. At the third roundabout take the fourth exit into Sheepen Road, signposted for Colchester Institute. If arriving via the A12 from the north or the A120 from the east (Clacton) take the A1232 exit, and follow signs for the Town Centre. At the double roundabout take the third exit onto Cowdray Avenue, signposted for Leisure World. At the second roundabout take the left hand filter lane onto Westway, signposted for Town Centre, and at the next roundabout take the fourth exit into Sheepen Road, as above.

Please follow marshal's directions. As always, we encourage car sharing both to ease pressure on the car park and reduce the race's impact on the environment.

Race HQ will be at St Helena School where we will have toilet facilities and after the race be serving tea and coffee and announcing the results. Bags can be left within the school hall at your own risk. Please try to avoid bringing muddy shoes into the hall.

### Course

This is the first year GBRC have hosted this race and we have devised a new course to take in the best that the fields have to offer. The races will start / finish in the "lower field" of the Hilly Fields Nature Reserve, which is the area nearest to the school.

### Junior Race

A single lap course of around 1 mile. Start at 10am. Minimum age to run is 8 (School year 3). Max age 17 (School Year 12).

## Senior Race

A two-lap course of around 5 miles. Start at 10:45. Please be aware that the area remains open to the public so runners may encounter dogwalkers, cyclists. Please listen to our marshal's instructions throughout the race and obey signage. Near the start of the race, runners will be split in two to avoid a hazard. There is NO advantage to going to the left or the right, please keep to the side you are on as you approach the two lanes.

As with all XC races you will encounter uneven ground, tree roots, low hanging branches, slippery ground etc. Off-road shoes or spikes are advisable. There is one short section of hard packed path that runners in spikes may want to run alongside on the grass.

Runners must be affiliated to one of the league's registered clubs, no guest runners.

## After the Race

Refreshments will be served at St Helena School. Runners can claim a free drink and, for a charitable donation, a slice of cake with which to re-fuel and socialise while they await the results. For tea / coffee we will be using up disposable cups that we have, however we encourage runners to bring their own re-usable cups/mugs if they have them.

Team Score sheets should be placed in the container at the finish line as soon as possible, or handed in to the results table in the hall. Payment for runners may be made via cheque or using the BACs details (Barclays Bank, Sort Code: 20 22 67, Account: 03732401 ) and should be received by 10/11/19. The entry fee is £3 per runner.

## Other

The senior race is held under UKA permit number 84:19.

Medical assistance will be available on the day provided by Remote Medic UK who are familiar with the venue and have covered sporting events on the site in the past.