

Halstead Road Runners are hosting the next fixture of the NESS league on 23/03/25 at Gosfield School, Halstead Road, Gosfield, CO9 1PF.

Please follow the marshals instructions on arrival as parking is limited.

Please advise all runners to car share where possible.

The juniors will race at 10am over a distance of 1.5 miles, with the seniors racing 5 miles at 10.45am.

Please can you make all runners aware that there is to be NO running/warming up on the football/rugby/cricket pitches, make sure they stick to the edges of the fields around the pitches.

The fields have poor drainage and the school does not want the pitches ruined before their school fixtures.

Both races start on the private land of the school grounds before heading into the woods which is open to the public so there is a possibility of dog walkers etc so please be mindful and listen to what the marshals tell you.

Toilets will be available in the sports hall near the start line but the showers are NOT to be used.

There will also be 3 portaloos available on the field edge near the car park.

The sports hall is also available for changing in the event of bad weather but ideally please arrive ready to run or change at your cars or on the field.

Each club will be given a yellow plastic wallet, please place result sheets & finish tokens in these and hand back to the gazebo near the finish line as soon as they are completed.

Results will compiled as soon after the race as possible.

Please remember that this race is put on/marshalled by volunteers or runners like yourselves who have given up their time to make sure that it's possible for events like this to take place, so please be courteous & maybe give them a little wave or a thank you.

Look forward to seeing you all on 23rd.

Steve May

Halstead Road Runners