
LONG EATON



RUNNING CLUB

Dear Team Manager

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

Travel

Please use the competitor's parking area, approximately 200m beyond West Park Leisure Centre main vehicle entrance on left hand side.

Travelling by car

Due to ongoing roadworks on the approach to Long Eaton, it is recommended that all travellers using the M1 should exit at junction 25.

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.

Travelling by train Long Eaton railway station is a one-mile walk along Wilsthorpe Road in northerly direction.

Toilets

Toilets will be provided. Please do not use the Leisure Centre facilities.

Refreshments. There are hot drinks and snacks available for purchase in the leisure centre foyer, and there is a café inside. There will also be a mobile catering vehicle. **No spikes are to be worn inside any building.**

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.

The Course

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 (a mat is in place, one stride if you time it right). Otherwise; the course is all grass and trail, with a short stretch through woods. The course is generally flat, and very fast. If there has been rain in the days beforehand, the woods can be very wet with standing water; as those of you who competed in 2019 will attest.

The design of the course lends itself to good spectating and support for the competitors. Especially at the run in to the changeover/finish.

Team manager's declaration

Names and running order must be declared online. Team Managers will be notified by e-mail in good time. No changes may be made after declarations have been submitted.

Team numbers should be collected at the start/finish area by one person per club.

Presentations

The presentation for the Women's and M65+ & M75+ race (start - 12.00) will be made as soon as possible after that race. Listen for announcements regarding location and timings.

The Men's race presentation will take place as soon as possible after the finish of the race, which starts at 13:45.

We hope that you enjoy the event.

Peter Machin
Race Organiser
Long Eaton Running Club