

Sunday Cross Country League

First fixture 2023 – 2024 season

Sunday, 15th October at Cheshunt Park at 11:00am

PLEASE NOTE THE RACE START TIME OF 11am

Broxbourne Runners are delighted to welcome you to the first fixture of the 2023–2024 season. We do hope that you enjoy the run. We also welcome and thank Welwyn Garden City Runners for providing marshal support.

Location: Cheshunt Park. Park Lane. Cheshunt Herts. EN7 6QD

In order to maintain our good relationship with the Local Council and the Golf Club please be mindful of the following:-

There are no changing facilities, but toilets and refreshments are available in the Golf Centre nearby. Showers are NOT available. Only food and drink purchased on site can be consumed on the premises. Dirty shoes are not allowed on the premises. This applies to all users.

Providing the ground is not too wet a field will be available for car parking. Follow the Marshals directions and car share as much as possible. Please vacate the Parking Field ASAP after race OR YOU MAY BE LOCKED IN.

The course is the same as in previous years, circa 5 miles, with three circuits of the Park. Kit is usually left (unsupervised) at the finish point. Do not bring valuables to the course. The start is in the adjacent field and is signed.

Please can runners race in their club colours.

Finish place discs will be handed out at the finish. Team Managers - please ensure that your runners do not take them home!

Please will all Team Managers bring to the attention of all their runners the following League Race Rule:

Headphones – For safety reasons, runners must not run wearing headphones or other impediments to their hearing. Runners must be able to hear any warnings or guidance given by course marshals or race officials.

John Nugent – Broxbourne Runners