



Midland Counties 7 Mile & 5 Mile Cross Country
Championships 2016

Saturday 19th November 2016
Bulwell Hall Park, Nottingham



Bulwell Hall Park, Norwich Gardens, Bulwell, Nottingham, NG6 8LF

Registration, presentations, refreshments, toilets & changing all located at the Golf Pavilion. Car parking at the Golf Pavilion follow signs in the park. Please do not park on surrounding residential roads.

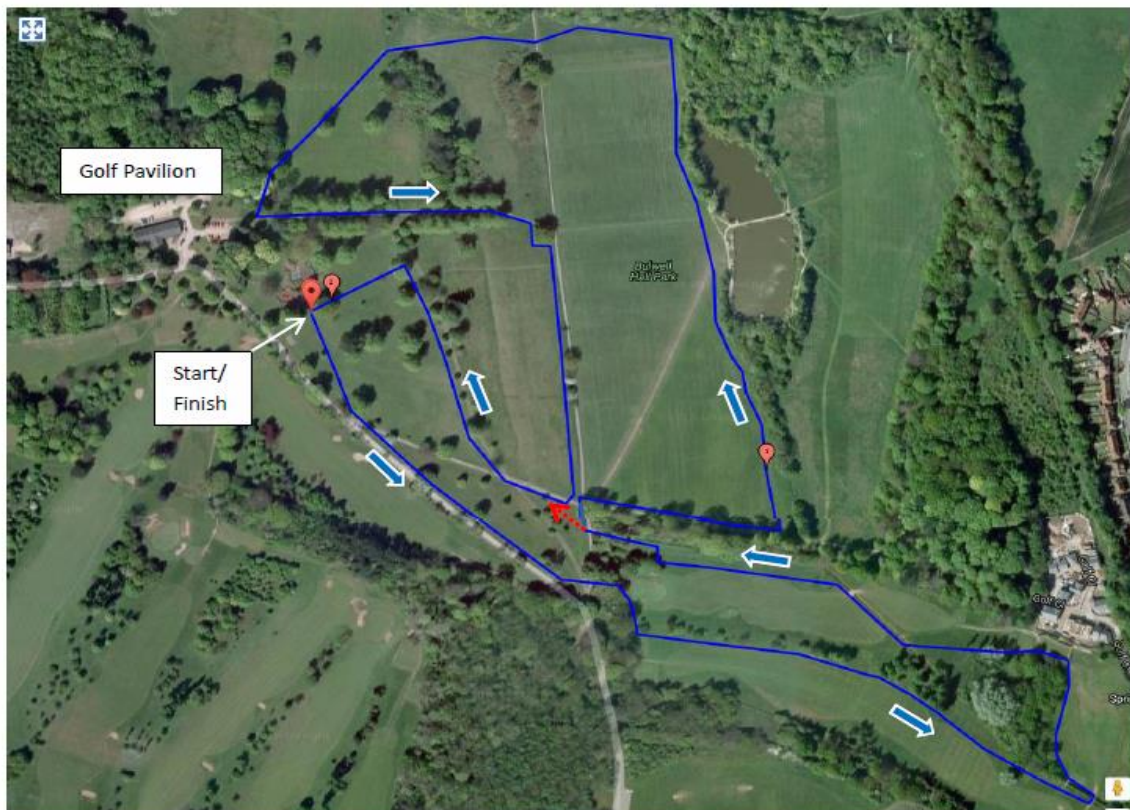
The course is all on undulating parkland, suitable for spikes. One ditch crossing per lap. Runners & spectators MUST NOT run across the golf greens and stay on the marked course at all times.

Large Lap – 2 miles (Blue Line)

Small Lap – 1 mile (first half of blue lap)

Women – 1 Small lap, followed by 2 Large laps 1.15pm

Men – 1 Small lap, followed by 3 Large laps 2pm



Directions:

From M1 Junction 26 follow A610 towards Nottingham for ¼ mile to large island. Take 2nd exit onto Low Wood Road, ¾ to next island, straight on, ½ mile to traffic lights, turn left into Bulwell Hall Park and follow the signs to car parks by golf pavilion.