



**MIDLANDS CROSS COUNTRY ASSOCIATION
MIDLAND 5M AND 7M CHAMPIONSHIPS
AND OPEN RACES,
Incorporating the Midland Inter Counties
Championships
Bulwell Hall Park Nottingham
SATURDAY 30th NOVEMBER 2019**



RESCHEDULED EVENT

November 2019

Dear Club Secretary / Team Manager,

Notts AC welcome you to Bulwell Hall Park Nottingham for the Midland Open Womens 5 mile & Mens 7 mile races including the Midland 5M & 7M CC Championships also Incorporating the **Midland Inter-Counties Championships**.

Race start times: Women 1.00pm Men 2.00pm

A facilities layout map, a course map and travel directions are included in this information sheet.

The event headquarters will be in the Golf Pavilion. Post Code: **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 awards presentation & announcement of results will take place in the golf pavilion as soon as possible after the races.

An Athlete entry list will be available on the MCAA Website.

The following contact number **07487 623191** can be used on the day for queries about the event.

Yours in sport

Ian Clarke for the MCCA.

We wish you an enjoyable day's competition.

Midland Counties Cross Country Association.

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.