



Midland Counties 7 Mile & 5 Mile Cross Country Championships 2017

Saturday 18th November 2017
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 on grass at the Golf Pavilion follow signs in the park. If teams plan to bring a coach please inform the organisers beforehand. Please do not park on surrounding residential roads. Car share where possible.

The course is all on undulating parkland, mostly grass with very short sections of tarmac or gravel. Suitable for spikes. Updated course from 2016.

Start line located on football pitches, half way into the lap. First lap = 1 mile
One full lap = 2 miles.

Women – ½ Lap followed by 2 Large laps 1.00pm

Men – ½ Lap followed by 3 Large laps 2.00pm

Presentations as soon as possible after the men's race.



Queries – please email nottsac@promotionaldisplays.co.uk

If anyone is able to help marshal please email Notts AC, any support greatly appreciated!