

53-12 CROSS COUNTRY LEAGUE – SUNDAY 26TH NOVEMBER

ABBEY FIELDS COLCHESTER CO2 7GN

Colchester Harriers Athletic Club invite you to the third meeting of the season, at Abbey Fields, Colchester, next to the Garrison Athletics Track.

Course

The firm, fast, course is around Abbey Fields, within the boundary of Circular Road. Please see attached picture for the route.

- Junior Race 10am – 1 lap
- Senior Race 10.45am – 3 laps

To add variety, the route direction has been reversed from recent years, and the course slightly altered, but it is still 5 miles in distance. The start is a little further along Circular Road North than before, with the finish near to the track car-park, and children's play area, next to the track grounds.

Facilities

Toilets, changing rooms, and showers are within the Garrison Track premises. A bar is available for hot and cold drinks in the clubhouse. Colchester Harriers will provide the usual post-race hot drinks in the covered area next to the clubhouse.

First Aid cover will be provided.

Results

Team result sheets should be handed in to the gazebo near the finish line as soon as possible after the race, to help with speedy results announcements. The complete runners finishing lists, discs, and cheques should be taken to the clubhouse.

Parking

The small free car-park next to the track will fill up very quickly so allow time to park in one of the alternative public car-parks.

Please park responsibly, only where it is safe and legal to do so. We encourage you to use the local public car-parks, and respect the local residents. Each year, more and more houses are built, with subsequently more locals and less parking space, so please allow yourselves time to find a safe spot. As always, car-sharing would be a great idea to cut down on congestion.

Please see the attached map for car-parks