

DERBY RUNNER CROSS-COUNTRY LEAGUE 2024/25

DERBY/STAFFS DIVISION

RACE 5, ALLESTREE PARK, 16/02/25

DERWENT RUNNERS

PERMIT ARC/25/0278

Location: Allestree Park, Derby. Main entrance is off A6 (Duffield Road), just at the Northern boundary of the city. Use post code DE22 2EU.

Parking: Car parking is limited, and the city council has forbidden parking alongside the main entrance drive. The main parking is in the wooded area, irregular in shape and not marked out – please park sensibly.

There is more parking around the hall, which is beyond the main carpark.

There is an alternative car park at the top end of the park, off Woodland Road, and another at the Evergreen Club on Cornhill (DE22 2FT). Both of these are next to the race route, and the route markers will guide you to the Start/Finish area. Runners from Derby please use these car parks, if possible.

PLEASE EMPHASISE THE NEED FOR CAR SHARING TO YOUR CLUB MEMBERS.

Main race starts at 10.30 Minimum age 17.

Entry Fee: £6 per person.

Junior Race starts at 10.00. School years 3-6 approx. $\frac{3}{4}$ mile; years 7-12 approx. 1 $\frac{1}{2}$ miles.

Entry Fee: £2 per person.

Course: The same course as used last Winter. Still 2 laps, approximately 10K in total, with the Start and Finish in the same location. Mostly grassed areas, plenty of woods, muddy in parts, with very little compacted limestone paths. The course is run in an anti-clockwise direction.

Footwear: Off-road shoes; studs or spikes preferable.

Toilets: Toilets are next to the Hall. No showers.

Further Information: Barry Warwick 07792 447113 or Dave Mann 07976 797975