



2018 Midland Counties 7 Mile & 5 Mile Cross Country & Midland Inter-Counties Championships



Saturday 17th November 2018
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.

Start & Finish line located near to club tents /Carpark

1 small lap = 1 Mile – 1 Large Lap = 2 Miles

Women – Small Lap followed by 2 Large laps 1.00pm

Men – Small 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!