

HERTFORDSHIRE COUNTY CROSS-COUNTRY CHAMPIONSHIPS 2010

Sunday 28th March 2010 at Cassiobury Park, Watford - first race at 11.00am.

Race HQ is at the Cha Cha Cha Cafe

The course is a mixture of rough grass, gravel paths and woodland tracks and includes about 50 metres of tarmac over the canal.

Numbers to be collected from the shelter near the finish - results will be displayed at the Cafe (presentations to be decided on the day, dependent on weather etc)

Toilets and changing (limited) will be signposted on the day.

CAR PARKING – in surrounding roads or Watford carparks. **Please share transport if possible**

Timetable (with approx distances)

11.00am	U/11 GIRLS	1500m
11.10am	U/11 BOYS	1500m
11.20am	U/13 GIRLS	3000m
11.30am	U/13 BOYS	3000m
11.45am	U/15 GIRLS	4500m
	U/15 BOYS	4500m
12.05pm	U/17 WOMEN	6000m
	U/20 WOMEN	6000m
	U/17 MEN	6000m
12.30pm	U/20 MEN	8000m
	SEN WOMEN	8000m
1.15pm	SEN MEN	12000m

If your club is supplying any marshals please ask them to report to the finish area at 10.30am. The clerk of the course is Dick Parles of Watford Harriers. The race referee is Chris Stott.

Any queries please contact Sally Gandee (01992 582208 or email sally.gandee@talktalkbusiness.net)