

HEREFORDSHIRE CROSS COUNTRY WINTER LEAGUE

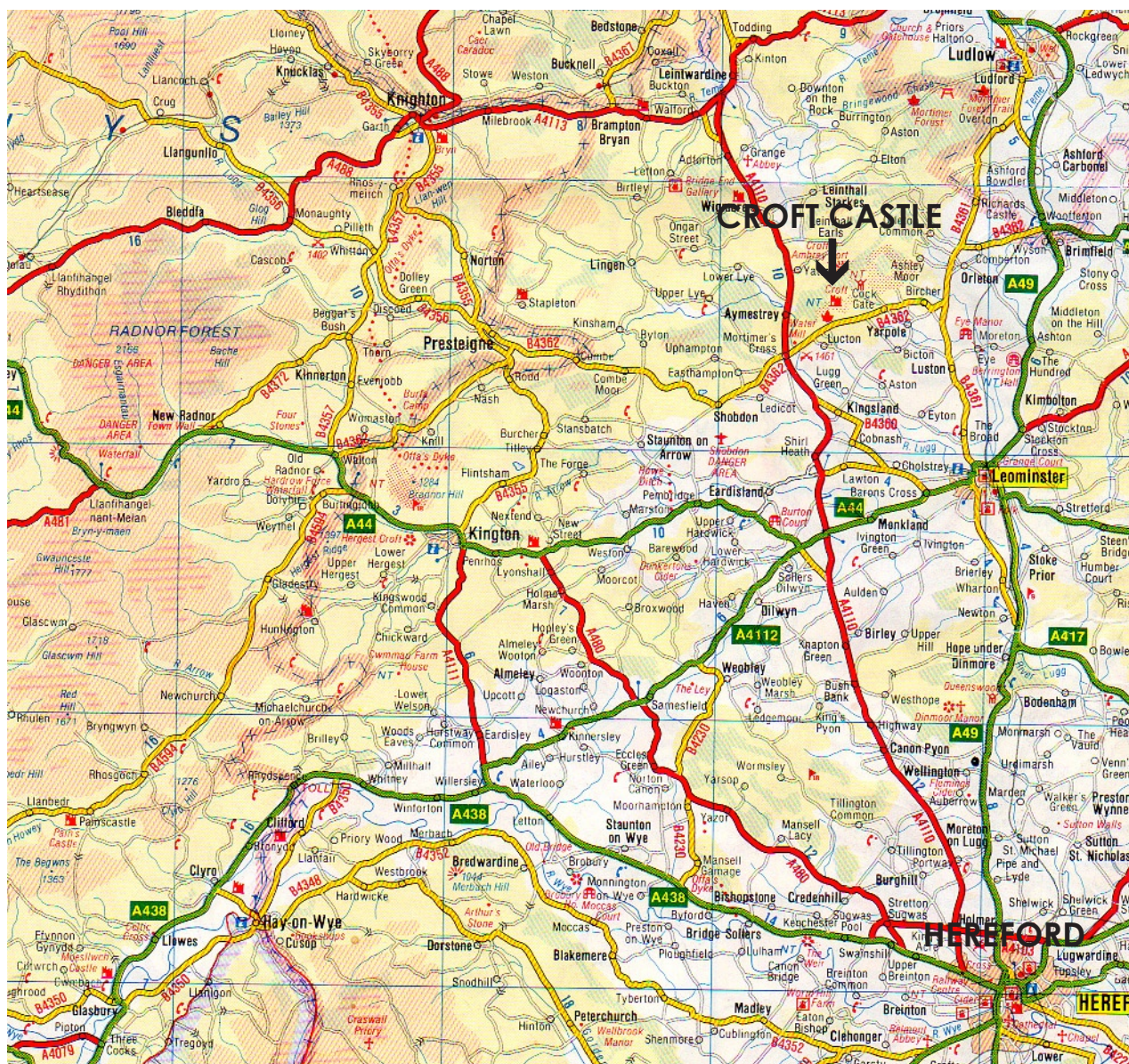
RACE 2 - CROFT CASTLE

(By kind permission of the National Trust)

Sunday 11th November 2012 11.00 a.m. start

One lap of the course is **3,500m (2.2 miles)**. Ladies and Juniors **1.5 laps**. Men **3 laps**. The course includes short grassland, forest track and mud, is uphill and downhill and suitable for studs. There are no changing facilities, toilets will be provided in the runners carpark

NB A parking fee of £3 per vehicle will be charged. Please follow the one way system operated by the National Trust, ignoring it may well jeopardise future events!



Extract from A-Z Road Atlas - Not to Scale

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POST CODE: **HR6 9PW**

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