

Halstead Road Runners are hosting the 2nd fixture of the NESS league on 26/11/23 at Gosfield School, Halstead Road, Gosfield, CO9 1PF.

Please follow the marshals instructions on arrival as parking is limited.
Please advise all runners to car share where possible.

The juniors will race at 10am over a distance of 1.5 miles, with the seniors racing 5 miles at 10.45am.

The junior course is just under 1.5 miles, and being run in a clockwise direction around the woods this year, opposite direction to last year.

The senior course currently has a tree fallen down in the woods on the course so there maybe a slight re routing of part of the course if it can't be removed, but it won't be anything too major.

Both races start on the private land of the school grounds before heading into the woods which is open to the public so there is a possibility of dog walkers etc so please be mindful and listen to what the marshals tell you.

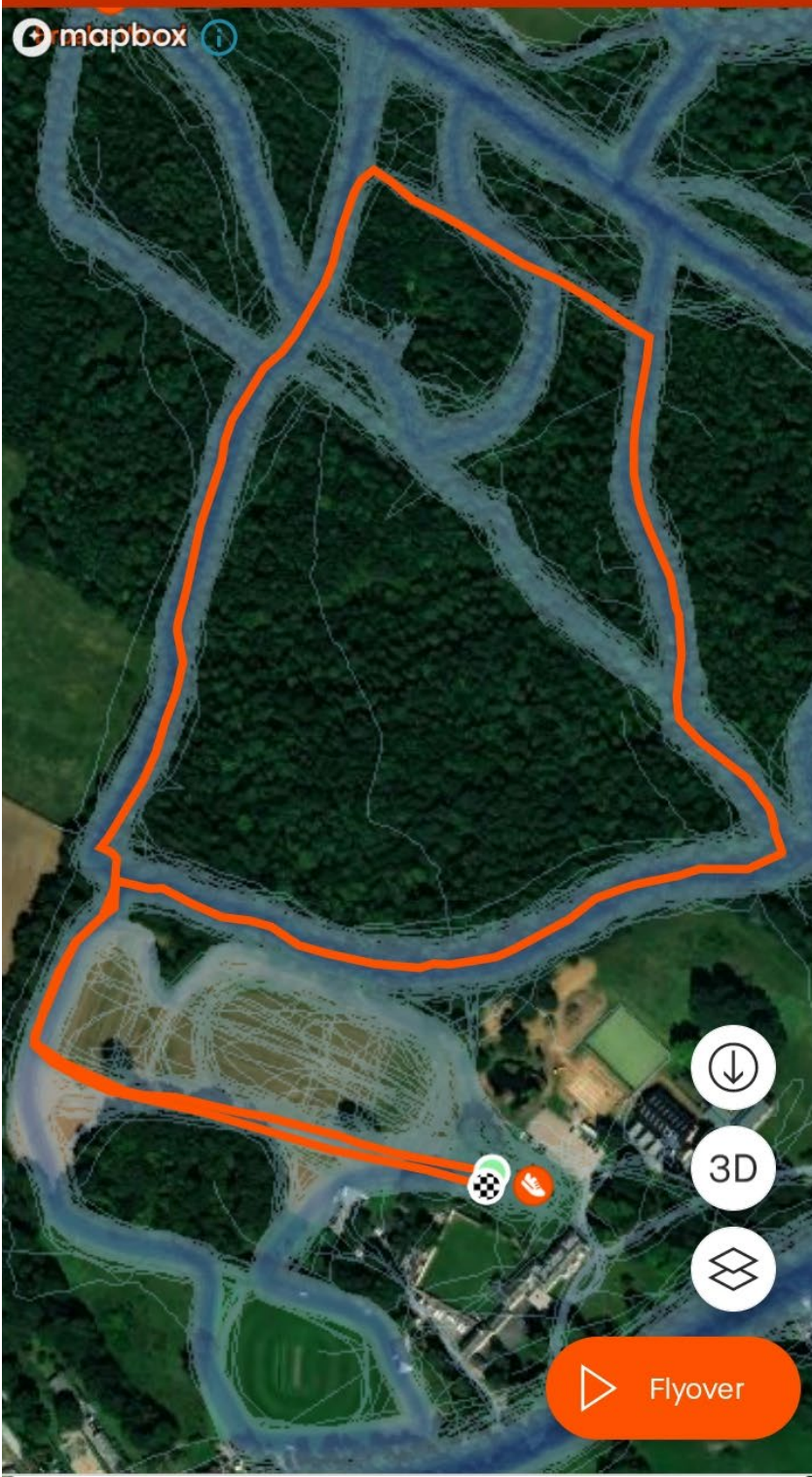
Toilets will be available in the sports hall near the start line but the showers are NOT to be used.

The sports hall is also available for changing in the event of bad weather but ideally please arrive ready to run or change at your cars or on the field.

Please hand sheets in to the gazebo near the finish line as soon as they are completed and results will compiled as soon after the race as possible.

Please remember that this race is put on/marshalled by volunteers or runners like yourselves who have given up their time to make sure that it's possible for events like this to take place, so please be courteous & maybe give them a little wave or a thank you.

Look forward to seeing you all on 26th.



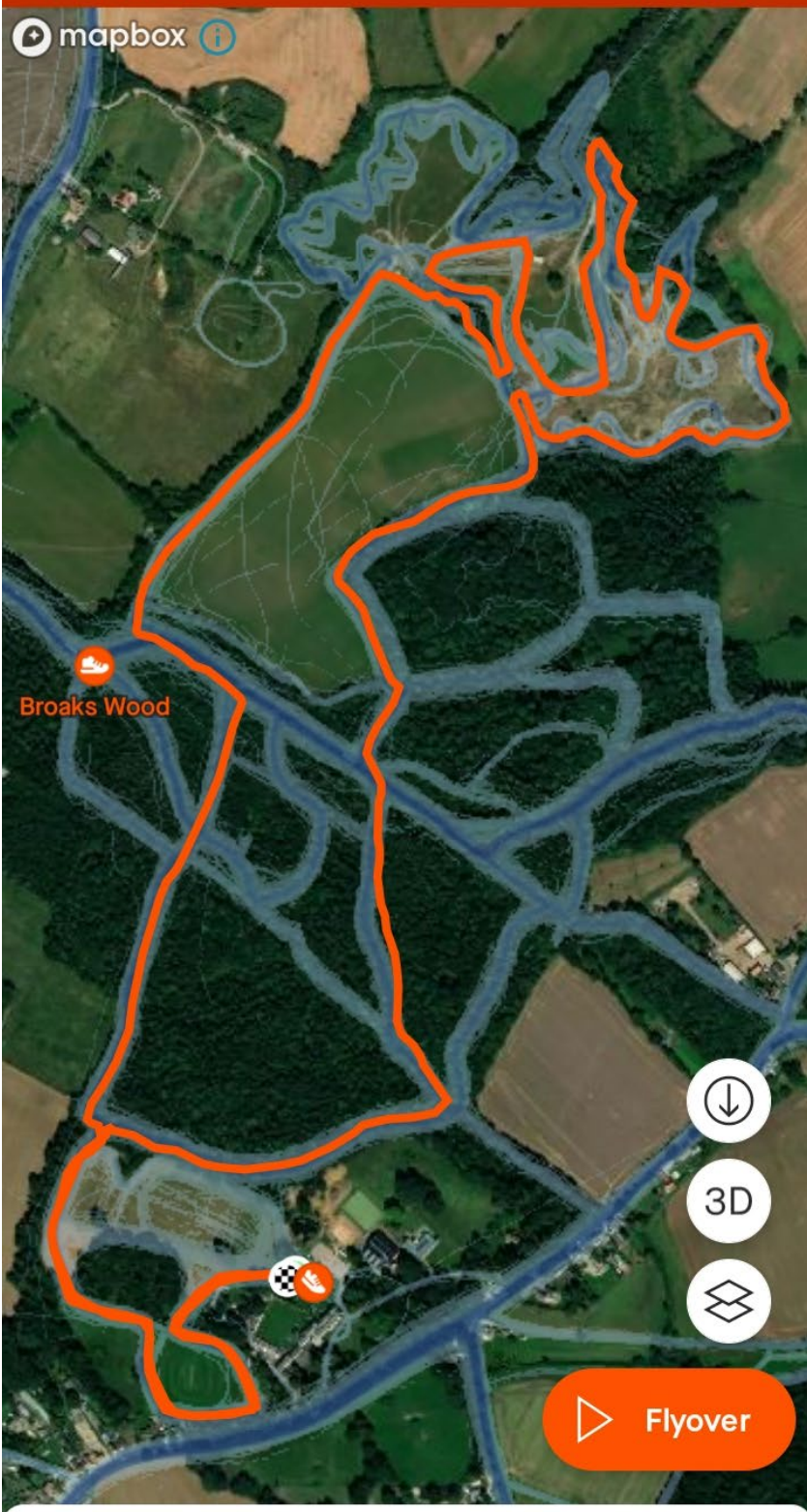
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