



# BEDFORD HARRIERS A.C.

Bedford International Athletics Stadium  
Barkers Lane  
Bedford  
MK42 9SA



## Three Counties XC-League Sunday 28<sup>th</sup> February, 2010 10.30am

Dear Runners,

Herewith details for the league race hosted by Bedford Harriers AC

### Race HQ:

The Race HQ is Bedford International Athletics Stadium, Barkers Lane, Bedford, MK42 9SA. There is no vehicle parking at the Race HQ; please see below for vehicle parking arrangements.

### To the Start:

There is a 10 minute walk from the Race HQ to the Start; please allow sufficient time.

### Course:

The course is two separate loops around Priory Country Park, water levels permitting there will be a river crossing. There are some narrow paths and bridges to cross so please be considerate to other runners (no pushing, shoving, biting or pulling of hair!) It is a public park and we do not have right of way – please be aware of dogs and other park users. It is suitable for off road shoes – is a cycle path to cross twice and wooden bridges with chicken wire.

### Facilities:

The Stadium offers male and female changing rooms as well as lovely and hot showers (at least for the first dash of runners) and a bar upstairs. NO dirty foot wear will be allowed in the Stadium.

### Food:

Food and hot drinks will be provided after the race in the inside track of the stadium.

### Awards:

These will be awarded as soon as possible after the results have been processed.

### Parking:

Parking is situated at Aspects Leisure Park, Newnham Avenue, Bedford MK41 9LW. The Stadium is situated opposite Aspects Leisure Park. Please car share where possible.

### How to get there:

Map reference:- OS X (Eastings) 501472 OS Y (Northings) 249473  
Lat (WGS84) N52:08:03 (52.134251) Long (WGS84) W0:31:08 (-0.518885)  
LR TL014494

See map on last page

Any problems, please contact Angie Kay, Race Director 07720 388396

Looking forward to seeing you all there in the final race of this season

Angie



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## Area Map

