

**Herefordshire & Borders Winter Cross Country League 2023/24**

**RACE 1 - Fforest Fields, Sun 15th Oct 2023**

**Hosted by Builth & District Running Club**

***Permission to race at Fforest fields has been kindly granted by owners George and Katie Barstow.***

**Location.**

Fforest Fields Caravan Site,
Hundred House
Builth Wells

LD1 5RT

**Parking.**

Car parking will be along the top hedge in the main camping field. Marshals will direct you on arrival. No access through the main reception area.

**Facilities.**

Toilets are available but the owners ask that runners DO NOT TAKE MUDDY SHOES INSIDE THE TOILET BLOCK.

Refreshments will be provided at the finish.

**Race times.**

Junior race times: U11 start at 9.30am and U13/U15 start at 10am

Intermediates (U17/U20), Seniors and Veterans: Race starts at 11am.

**Course for the Intermediates, Seniors and Veterans Race.**

The course is approx. a 3 mile loop with a mix of trail, woodland and fields. The U17s will do one lap, 3 miles and the rest of the field will do 2 laps, a total of 6 miles. It will be a mass start for all with the start and finish in the same location. There are steep and muddy sections with tree roots underfoot in the woodland parts. Trail shoes are recommended. It is a chip timed race so please remember your chip race numbers.

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**First aid**

365 Medical Solutions will provide first aid cover on the day.

**Officals.**

Race director: Christian Prynne

Race organiser: Jo Rees

Race Official: Peter Hunt.

Event licence number: CC-23-24