

SUNDAY LEAGUE CROSS COUNTRY - STEVENAGE

Fairlands Valley Spartans and Hitchin Running Club invite you to the second fixture of the 2018/19 Season on:

SUNDAY 16th DECEMBER, starting at 10.30 am.

Location: Fairlands Valley Park, Stevenage

Time: 10.30am Start

Course: 4.9 miles/8K of park land. The course is a **three** lap course around the Showground side of Fairlands Valley Park.

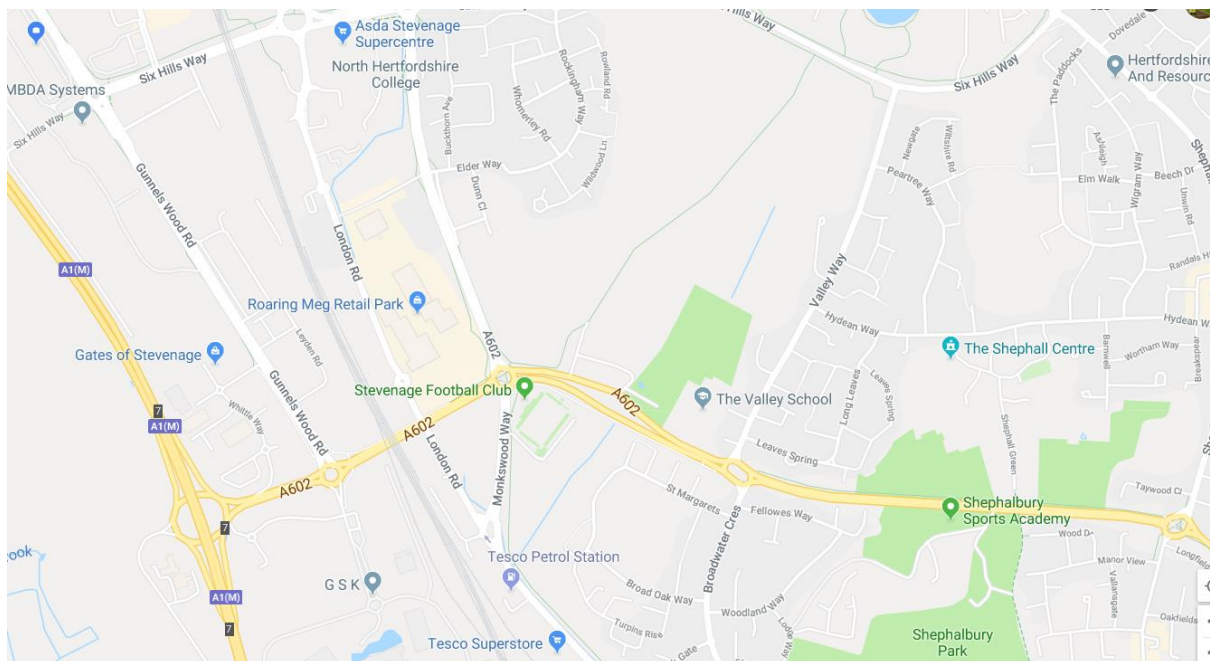
Surface: Grass. Trail shoes recommended.

Facilities: Portaloos will be available near the start

Kit: Unsupervised area to leave belongings around the start and finish.

Travel: Parking is available within the showground carpark - Broadhall Way, Stevenage, SG2 8RH. This is directly opposite Stevenage Football Club and the Lamex Stadium. This is 1.1 miles from the train station.

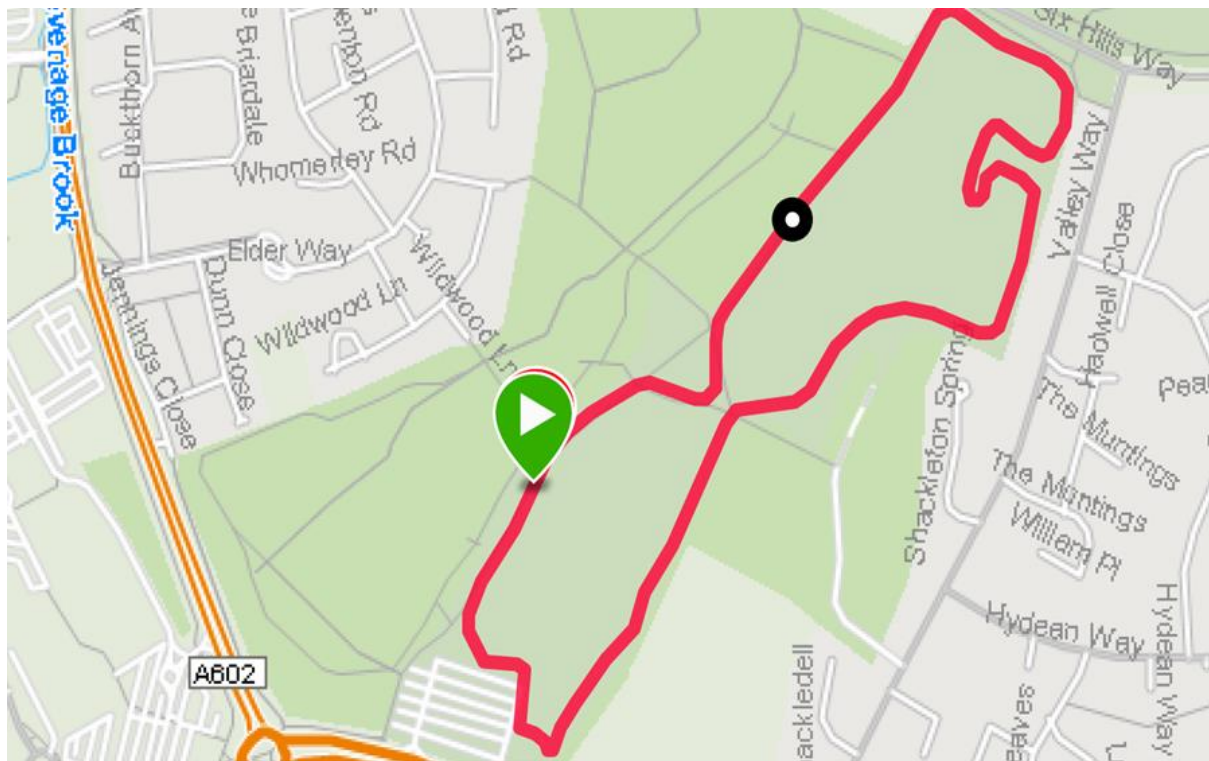
If you do intend to drive, please car-share as much as possible as there are not sufficient spaces for every runner to park a car.



Many thanks to all of our helpers and marshals who have been working hard to put this event on and **GOOD LUCK** to all of the runners, we hope you enjoy the course and have a great race!

There is a café the other side of the park which will be open from 9.30am – 2.30pm on Sunday <http://www.costellocatering.co.uk/>

Course Map:



Additional Notes:

- Please be aware that wearing headphones is not permitted. Runners will be disqualified.
- Please be mindful that this is a public park and we therefore share it with many other users – specifically cyclists and dog walkers.
- First aid will be present. Please report any issues to the nearest marshal who will call the first aiders and they will come to you.
- Please do not run if you feel unwell or have any injuries.