

SHEPshed RUNNING CLUB

Fourth Race in the Derby Runner Cross Country 2009/10 Season

Date; 31st January 2010

Venue; Grace Dieu Manor School
Thringstone
COALVILLE
Leicestershire
LE67 5UG

Location; On the A512 between Shepshed and
Ashby, approximately 2 miles from
Shepshed.
Grid Ref. SK438179

Start times;

Juniors	10.15
Men	10.55
Women	11.05

**Toilet & Changing
Facilities;**

None

Course Details;

A single lap of approximately 5 miles
through woods and fields with a climb to the
top of Broad Hill and almost to the top of
High Cademan.

Footwear;

Studs advised, spikes not recommended for
main race because of rocky ground.

Post Race Event;

Rangers Club, Thringstone, turn left out of
the school and take the first left for
Thringstone. The club is on the left about
200 Metres from the turn.

Contact;

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