

## **Erdington NSL and Indoor Coaching, 23<sup>rd</sup> Jan**

Venue: 6 Hunton Hill, Erdington, Birmingham. From Spaghetti Junction, take the A5127 NE towards the centre of Erdington. After 400 metres, at the top of the hill, Hunton Hill is on the left just after the second pelican crossing. Gravelly Hill Station is only 100 metres away for those who wish to come by train.

Time: NSL Starts 6 – 7.30pm

Terrain: Complex contour detail, wild open moorland, fiendishly fascinating sand dunes and mind-boggling mine-workings are not to be found in this section of The World. However, the map does include one of the most complicated motorway junctions in The Solar System.

Map: Brand-New, based on the Universe-Famous 6-colour Erdington 2005 edition, but with extensions!

Courses: Short, Medium, Long and Suicide-O. Torch recommended for the Long, and Good Life Insurance essential for the Suicide-O.

Armchair-O: Map Study and Exercises, from about 8 – 9pm. Analysis of the British Night Champs terrain plus extras. Non-runners welcome for this as well. Free!

Refreshments: Snacks and Drinks, but not an Alison-type buffet banquet! If you want to eat loads after your run, please feel free to bring your own sandwiches, soup, salad, salami, spaghetti and sauce.

Organiser: Andy Hemsted, 0121 382 6168