

MALVERN NSL

Tuesday 10th March

Venue:

41 Somers Road, Malvern WR14 1HT

Grid Ref: SO779474

Tel: 01684 567121

Time:

7.00 – 7.30pm

Courses:

Short 3.5km

Medium 5.8km

Long 8.4km

Runners on medium and long courses will need a headlamp and off-road paths may be muddy. Runners on the short course should not encounter mud but may like a torch of some sort if they want to use alleyways.

Refreshments:

Tea, coffee, cold drinks, cakes/biscuits

Please note that I have done my best to make courses as safe as possible but participants run at their own risk.

PLEASE TELEPHONE OR EMAIL TO LET ME KNOW WHICH MAP YOU REQUIRE SO THAT I CAN PRINT THEM READY FOR YOU

Looking forward to seeing you on 10th March!

Jill MacKenzie

Email: jill@sr41.demon.co.uk