

NIGHT STREET LEAGUE EVENT 1 Tuesday 9th November 2010 WORCESTER

Venue and Travel: King George V Community Centre, Ash Avenue, Brickfields, WORCESTER WR4 9TL. GR: SO 863 563 OS Landranger 150 Worcester and Malvern .

Parking In front of the Community Centre. Gates are locked at 21:00 prompt.

Starts: 18:00 to 19:00p.m (The Meeting room is booked from 18:00 to 20:30)

Terrain: Busy roads, urban streets, housing estates, dimly lit alleys. This is a hilly part of the city.

Safety All competitors are recommended to carry torches and to wear light and/or reflective clothing. Whistles are to be carried at all HOC/WMOA events.

Emergency phone numbers: The Centre on 01905 330 487. Brian on 07914 201 186.

Facilities: Toilets. Brian hopes to supply hot and cold drinks afterwards.

Courses: Long 8.1 km, Medium 5.7 km, Short 3.2 km.

Map A4, OCAD 9, 1:10 000. Brian Hughes updated Autumn 2010.

Fee To cover room hire. £1 or £1:50 to be determined.

Minors: BRITISH ORIENTEERING GUIDELINES APPLY. Under 17s are not permitted to run on streets with traffic. Other minors with written parental permission only.

YOU RUN AT YOUR OWN RISK.