

The 3rd fixture of the Herefordshire and Borders Winter Cross Country takes place on Sunday the 3rd November at Bearwood Farm, Bearwood nr Pembridge Leominster HR6 9EE.

Race start times

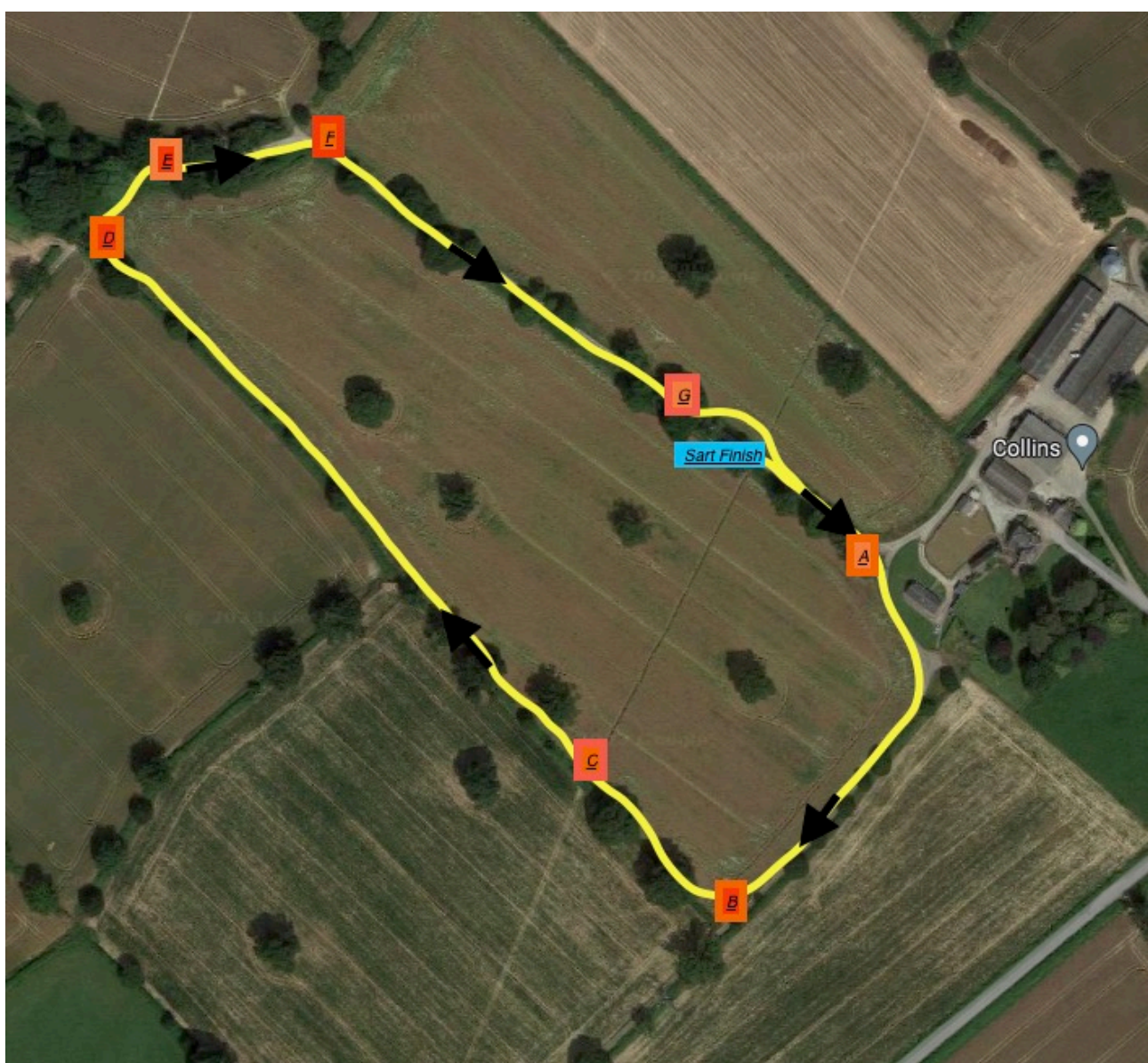
under 11 9.30 am,

under 13 and under 15 10.00am

Please arrive in plenty of time to walk the course and warm up

The entrance will be sign posted.

Please remember your Bib Numbers and please fix to the front of your running top. If this is your first event you can collect your number from registration on the day.



The course is a 1km lap course, and there will be a Marshal wearing high vis in view at all times,

Please listen carefully to the pre race safety briefing and move away from the finish area at the end of your race,

under 11 2x laps

under 13. 3x laps

under 15 4x laps

Farm land and stone track good grip trainers or trail shoes

Please be prepared for all weathers and course conditions

