

Surrey League Cross Country Race 2 - Guildford



General Info

Start times

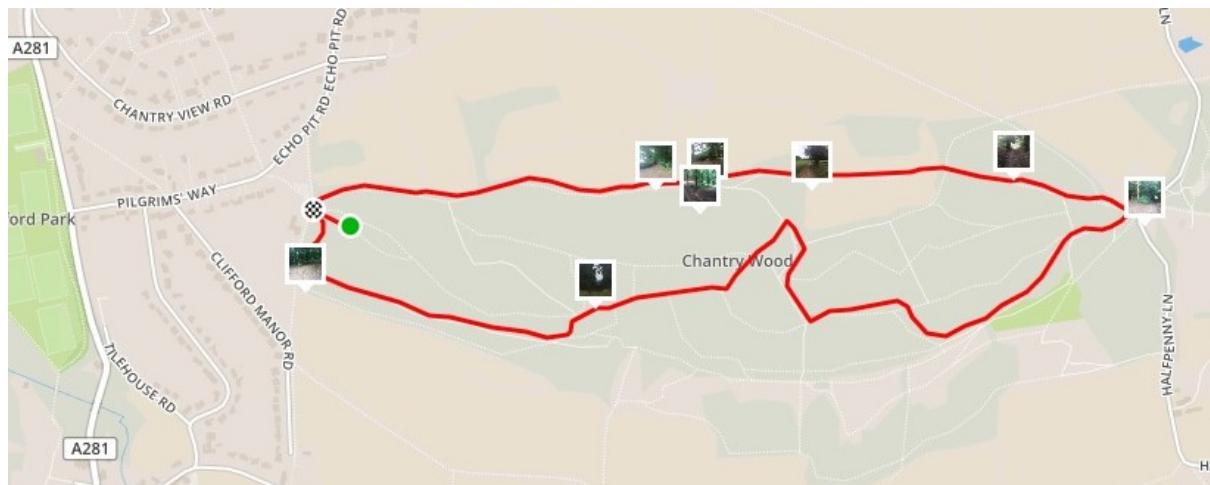
Division 2: 3pm

Location Postcode GU4 8AW Start finish area at clearing 100m up from the Chantries Car Park.

I attach a map detailing the location of the start, and of the course. It is suitable for spikes or Trail shoes, although due to the flinty/stony nature of some of the terrain, long spikes are not advised.

The course is undulating in nature with a long steady climb following the downhill dash off start of 200m and a sharp Right turn. The rest of the course is mixed underfoot ranging from grass, track, sand and woodland trail some technical sections with a sweeping long descent back to the start area for the

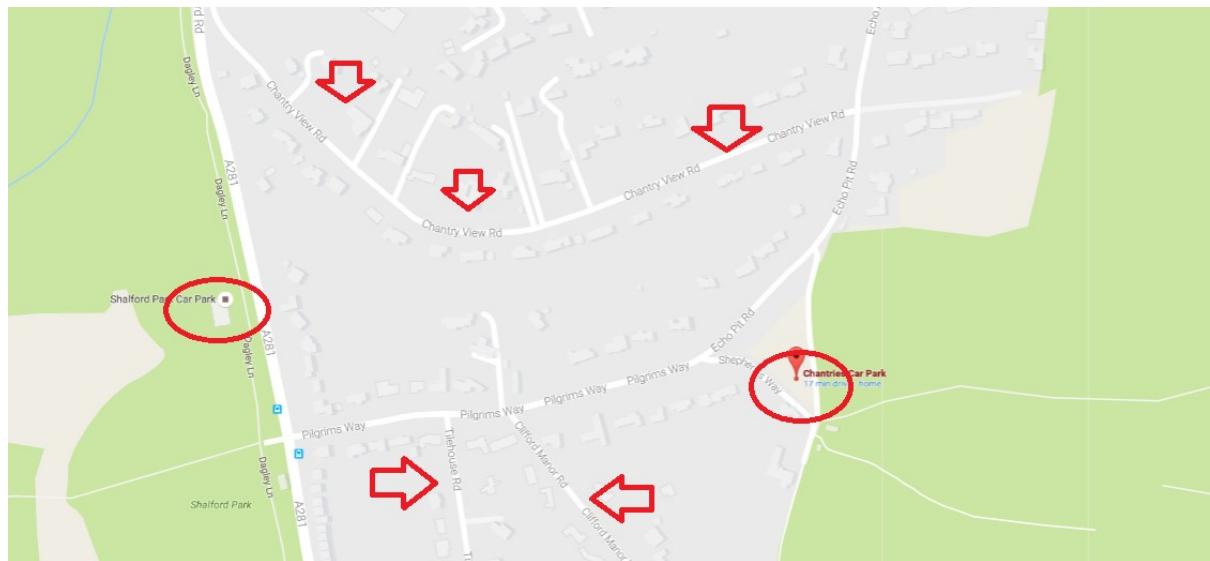
second lap.



The course is 5.0 miles in length.

Parking - a small car park at the head of the course.

Also within 400m several roads marked with red arrows with on street parking for 2 hours,



Public pay and display Car parking also available to the south of Guildford Town Centre Millmead Carpark.

First Aid

The nearest hospital is Royal Surrey County Hospital

www.royalsurrey.nhs.uk

NHS Trust Hospital
Egerton Road, Guildford GU2 7XX
there will be first aid facilities at the course.