START FITNESS NORTH EASTERN HARRIER LEAGUE

SATURDAY 30 NOVEMBER 2013

WALLINGTON HALL, CAMBO, NORTHUMBERLAND NE61 4AR

BY KIND PERMISSION OF THE NATIONAL TRUST

Promoted by Morpeth Harriers & AC

GETTING THERE

- **From Morpeth** - take the B6343 west through Scots Gap until Cambo (approx. 12 miles from Morpeth). Turn left onto the B6342. The entrance to the car park is approx. 1 mile along on the right hand side.
- **Via the A696 north west from Tyneside** - Approx. 5 miles beyond Belsay turn right onto the B6342. The car park entrance is approx. 2 miles along the road on the left hand side.
- **Post code NE61 4AR**. Watch out for the large brown **Wallington** signs.
- Mobile phone reception in the area is very limited.

CAR PARKING

- There will be a £2 parking charge, which will entitle you to visit the rest of the Wallington grounds.
- National Trust members can park free if they bring their parking passes or membership cards.
- There is a large car park next to the course but congestion will be reduced if athletes share transport.
- Please show respect for the facilities, park considerately and take your litter home.

RACES

Approx. Times			**Course**	**Approx. Distances** (miles)
12.15	Under 11 Boys & Girls		Small Lap	0.85
12.25	Under 13 Boys	}	Big Lap	1.9
12.35	Under 13 Girls	}		
12.45	Under 15 Boys	}		
12.55	Under 15 Girls	}		
13.05	U17 & U20 Women		Small Lap & Big Lap	2.65
13.15	Senior & Veteran Women		2 x Extended Lap	3.95
13.50	Under 17 men		2 x Big Lap	3.7
14.15	Senior & Veteran Men		3 x Extended Lap	5.85

All courses also include the finishing straight.