

Invite you to

MIDDLETON WOODS. ILKLEY Level C Middle Distance Cross Country Race Sunday 18 November 2012

Venue	Middleton Woods, Ilkley. An ancient deciduous woodland on a south facing slope with good contour & rock detail.
-	At Ilkley Lido swimming pool. (grid ref: SE118484). Parking at the lido and on n the adjacent wide residential streets. Signed from the A65 at the main traffic lights in centre of Ilkley. The swimming pool is open on Sunday's. Why not have a swim after your run.
Courses	White to Brown, middle distance length courses.
Entries	Entry on the day only from 10.00 – 12.00
	Seniors £7.00 (£2 reduction for BOF Seniors) Juniors & Students £2.00 SI Card Hire 50p
Starts	10.30 -12.30
Organiser Planner Controller	Nick Jones 0113 2267906 <u>nick.jones200@ntlworld.com</u> Rob King Peter K Jones

Further details at <u>www.aire.org.uk</u>