



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.

Assembly & At Ilkley Lido swimming pool. (grid ref: SE118484). Parking at the lido and on **Registration** 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 Nick Jones 0113 2267906

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Planner Rob King Controller Peter K Jones

Further details at www.aire.org.uk