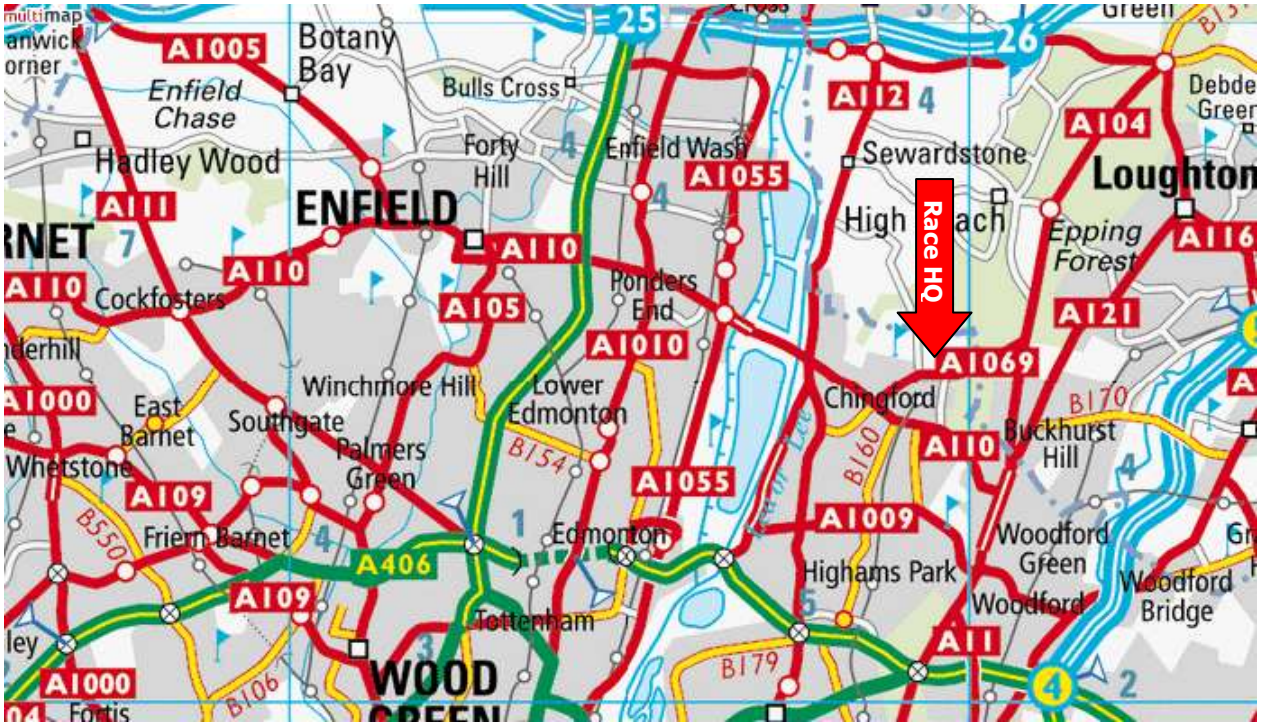
MWRRL 2009 Race 3 – Orion

Basic Information

Where:	Orion Clubhouse, behind Royal Forest Hotel, Rangers Road, Chingford, E4 7QH
Host Club:	Orion Harriers
Date:	Wednesday 17th June 2009
Start:	7:45pm – the new course now starts and finishes near the clubhouse
Distance:	6.69 miles (same as last year)
Surface:	Generally road plus short stretch of horse ride at beginning and end (racing flats or trainers)
Scoring:	Senior Men – 12, Senior Ladies – 6, Veteran Men – 6, Veteran Ladies – 3
Eligibility:	1st claim members plus 2nd claim members who are not 1st claim with another club in the league
Age limit:	Runners must be 15 years of age or older
Kit:	Club vests must be worn
Numbers:	Please use the same number throughout the series of races

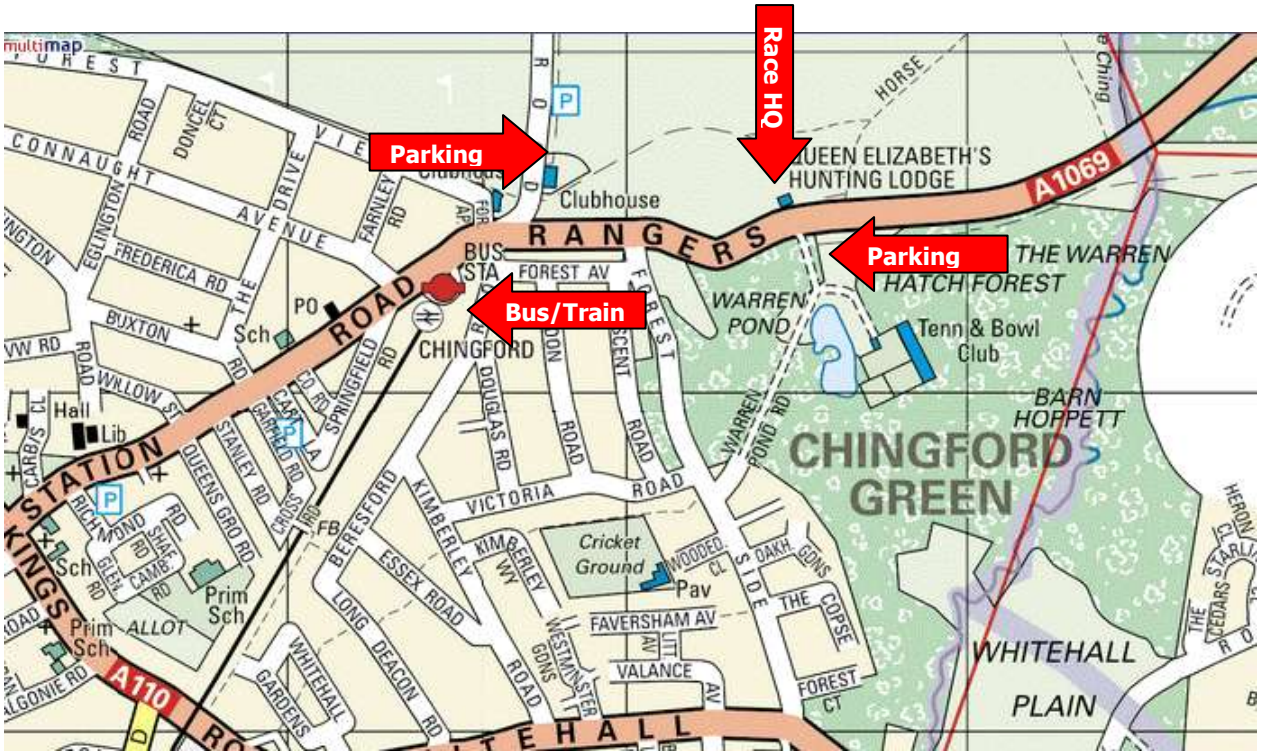
Travel By Road



Either: Take the M25 to junction 26
At the roundabout at junction 26, take the A121 towards Loughton
At the next roundabout, take the A104
After about 3 miles, turn right onto the A1069 towards Chingford
The Royal Forest Hotel is on your right after about 1 mile.

Or: Take the A110 from Barnet to Oakwood to Enfield
At Enfield town centre, continue on the A110 Southbury Road
Continue on A110 across the A10, between the Lea Valley Reservoirs and up Kings Head Hill
At the top of the hill, there is a church to your left and a major set of traffic lights ahead
Take the left filter at the set of lights onto the A1069 Station Road
Go past the shops and the Royal Forest Hotel is on your left.

The organizers have requested that runners do NOT park in the Royal Forest Hotel car park. Please use either the Bury Road Golf Club car park or the car park on the south side of Rangers Road, opposite the Queen Elizabeth Hunting Lodge.



Train Times

Liverpool Street					
Chingford					

Buses

Contacts