



ORION HARRIERS

FOUNDED 1911

SCOTT'S TRAVEL Mid Week Road Race League

Orion Harriers' Fixture

Thursday 10th May 2018

7.30 PM (**note 7.30 prompt start time**)

Race Distance: 6 miles

Race HQ: Jubilee Retreat, Bury Road, E4 7QJ

Directions By train: Liverpool St to Chingford, then 10 minute walk: turn right out of station, Left along Bury Road, clubhouse 300m on left.

Directions by Car: From Jn26 of M25 take A121 (west) Dowding Way toward Waltham Cross. Left at first roundabout onto A112. Take 3rd Left (Daws Hill, which Becomes Bury Road).

Parking: Please park in car park on Bury Road (between clubhouse and Chingford). Walk to start/clubhouse: 4 mins.

Please do not park **or drop off** at the clubhouse.

Course Markings: sawdust trail with marshals at junctions. Please keep to the left and obey the marshals' instructions.

Facilities: Toilets, showers and changing for men and women at the clubhouse.

Water: at the finish

Food: will be available at the clubhouse.