

## Xmas Tree Event December 19<sup>th</sup> 2010

As a pre cursor to those Christmas festivities this is the ideal event to get you warmed up.

### START

The start and finish are from Ellwood Football Club, where we have the use of their facilities, there are showers, toilets and refreshments. There is parking at the Club and if full, on the side of the road adjoining.

This year we have the Canicross Trailrunners joining for a class of their own. They will be given a 10 minute staggered start.

The start will be prompt at 10.20am for Canicross and 10.30am for runners

### COURSE

This is the same course as last year, approximately 5 miles of wonderful Forest tracks and paths. There is a very short distance of road at the beginning from then on it is undulating multi-terrain tracks, which could be muddy in places. The course will be clearly marked and marshalled. Towards the end there is a steep hill so remember to keep something in reserve for the finish

### RESULTS & PHOTOS

These will be available on the club website [www.fodac.org.uk](http://www.fodac.org.uk)

### ADDITIONAL INFORMATION

The St John's Ambulance will be in attendance and a vet on call for the canines. For sat nav the postcode is GL16 7LY. If you require any further details contact Jacqui Wynds on 07917 008187.

UKA Licence 2010-101026

**GOOD LUCK ALL YOU RUNNERS !!**

