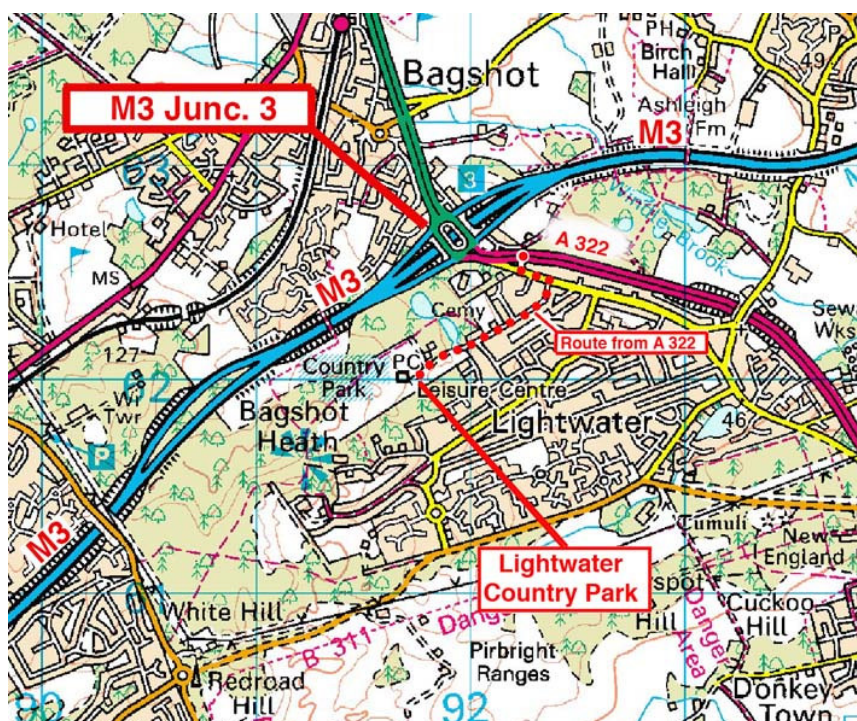


Directions to Bracknell Forest Runners' Cross-Country

Lightwater Country Park (near M3 Junction 3)

- Take the M3 (or A 30 then A 322) east to M3 Junction 3 (Lightwater)
- Leave M3 Junction 3 on the A 322, heading southeast (signposted: Woking & Guildford).
- Almost **immediately** (100 metres) turn right then left onto a minor road, Guildford Road (signposted Lightwater).
- In less than 100 metres take the second right into The Avenue (signposted Lightwater Country Park).
- O. S. Map Ref. of Lightwater Country Park is SU 917 620



- We are asked to share cars where possible and not to park in the Leisure Centre car park. There will be car-parking signs and marshals.
- If you are not stopping for post-race refreshments you are advised to use the lower car-park (where there are toilets).
- The Leisure Centre changing rooms and toilets may be used, but clean shoes only please!
- **We will have the club tent there for changing and kit-store**
- The course is 5.5 miles in two laps. BFR say “spikes can be used, but no real need”.