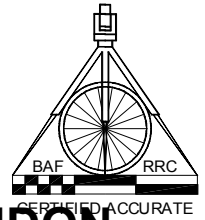




MABAC

RUNNING LEAGUE



Pre – LONDON

SEAA05/006

Cranleigh 15 miles* or 21 miles*

Held under ARC Athletics Rules - Age Limit 18 years on the day

Sunday, 16th March 2008

Event starts 9.00am.

ENTRIES CLOSED

Medals to all finishers

NOTE: Runners **NOT** reaching the 15-mile point within 2 hrs 45 min. **TIME LIMIT**, will be requested **NOT** to continue on the 21-mile course

****Fifteen or Twenty One mile – the choice is yours on the day!***

The course comprises two laps of approximately 9 and 6 miles on undulating, mainly rural roads. For the '**Twenty – One**' the second lap is repeated.

*Actual distances 15miles 335yards and 21miles 151yards Course Measurement Certificate Nos. SEAA94/030 & 031

Highly recommended as a Pre-London test.

CRANLEIGH Race HQ: O.S. Map No.187 Ref. 059390 is located between Guildford and Horsham on the B2128, which is east of the A281. There is to the north with Ewhurst and Dorking to the north-east.

Applied for ARC Road Race Permit

E-mail: mail@brianvine.com - Web site www.mabac.org.uk

