

Adrian Ellis Memorial Cross-country Run

The twenty first 'Adrian Ellis Memorial Cross-country Run' will be held at Police Headquarters, Croesyceiliog, Cwmbran on Wednesday 17th February 2010 commencing at **2pm**.

This race will incorporate the meeting of the Midlands Police cross-country league together with the Welsh Police cross-country championships. The men's race will be approximately six miles, consisting of four laps and the women's approximately three miles, a two-lap race.

For the Midlands Police League both men and women are required to run the four laps. As in previous years, for the memorial run, females can score in the team event if they so wish by completing the full distance (4 laps).

For the Welsh championships and the police league, females are only required to complete two laps.

The course is run over parkland and is suitable for spikes. Scoring for the memorial run will be the first six runners' home to count.

Car parking arrangements: limited parking will be available within the car parks of County Hall, which is adjacent to Gwent Police Headquarters.

NB – Having located a parking place within the County Hall car parks **you will need to attend at County Hall reception to obtain a token for the barrier to enable you to exit the car park when you wish to leave. Reception closes at 4pm.**

There will be light refreshments and a presentation at the Croesyceiliog Cricket Club, The Highway, Croesyceiliog, Cwmbran after the race.