

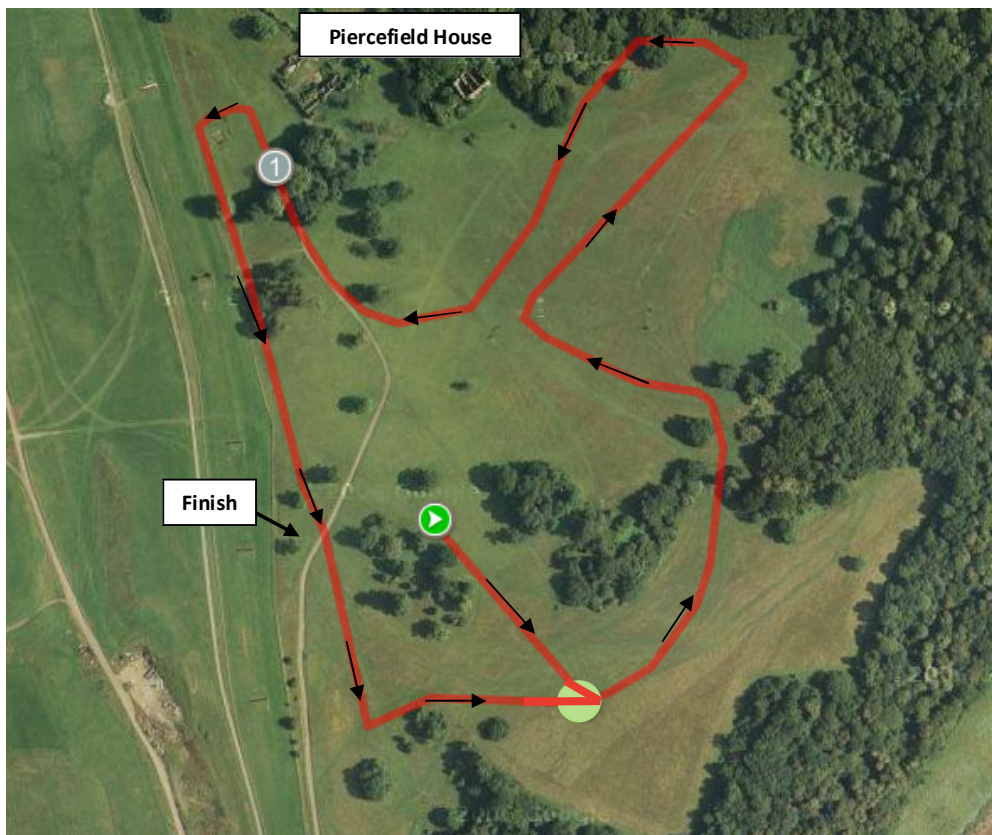
## Piercefield XC

With the next stage of the 2010 championships looming I know they have been a few getting their spikes primed for the race and others that probably need to just get some suitable footwear. So to make sure shoe selection can be made we thought we give some idea of whats instore.

For those interested in the course Ive attached a map. Its 3laps (~4m) for the women, 4laps for the men (~5.5m) it should be pretty testing but with no pond crossings this time unless you just fancy it. The finish is just before crossing the track.

Link below to map my run to zoom in to have closer look. (need to select satellite map)

<http://www.mapmyrun.com/route/gb/chepstow/539126600470073669>



See you all on Sunday.

Rich & Kath