Hi all

This Sunday is our BBHAC club 5 mile cross country champs starting at 10.30am.

This is one of the oldest cross country events in the world and if you have never done it before but would like to have Sunday morning run, why not join Mick Jones who will be leading around a group of young athletes.

If you want to get involved, either in the actual race or just having a steady run with Micks group, you will need to meet at the clubhouse at 9.45am to register and meet Mick.

Then after your run, if you can still stand, you can all go back to the clubhouse to re fuel with drinks and cakes.

Please see the link below with details of where the start and finish are and of the course itself.

<http://www.bandbhac.org.uk/club%20courses.html>

Happy running

Paul Austridge

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