

**Thames Valley League
Metros Fixture
24 February 2008, 11.00AM**

The race will be held in Mad Bess Woods on a three lap course. Spikes can be used but studs are the best option.

The recommended car park is in Bayhurst Woods which is on Breakspear Road North. Leave the A40 at Swakeleys roundabout and follow Breakspear Road South to the junction with Breakspear Road (which is the road you used to take to Ruislip Lido) and continue into Breakspear Road North. The car park is approximately 1/2 mile on the left. Please share cars where possible as the car park is not huge. The route to the Start will be marked.

Should this car park be full there is additional parking in the Mad Bess Woods car park off Ducks Hill Road and as a last resort there is the car park at Ruislip Lido. Both of these result in a 15 minute walk to the Start.

