Reply to: VINCE CARROLL
Rugby & Northampton AC
123,Coppice Drive
Parklands
Northampton
NN3 3NQ
Telephone: 07913781919
E-mail: vincecarroll@Bidfood.co.uk

Dear team managers/officials

Rugby & Northampton have the pleasure of inviting you to the first Birmingham league fixture of the season alongside the Midland ladies x country league on the 14th of November 2026 .It will be at our usual course Abington Park Northampton, a permit has been applied for from England Athletics and a risk assessment for the course has been completed.

Please find attached a map of course being used for the division 1 Birmingham league fixture. The course is fast undulating parkland for those who have not done it before and is suitable for spikes. The course will be 4 laps of the black routes as per attached course map for men and 2 full laps and one small lap for ladies.

The race headquarters will be based at the park there are no changing rooms. We have a mobile caterer for refreshments; there is a café on the other side of the park about 600m from the course also. Portaloos are available.
Please collect your numbers from your team manager who will sort your declarations with league secretary prior to start of race. The postcode is NN3 3AD.or NN3 3NJ, I would use junction 15 off MI as this avoids the town traffic.

The ladies start is at 1.30pm, with men at 2.30 pm. Would all runners warming up or cooling down please be respectful if the other race is going on and stay off course or runners' ways please. Limited Parking is available around the park so please car share as much as possible. Please be mindful and considerate of other park users. There will be spaces for club tents to be put up as directed on day.

I look forward to seeing you there and feel free to contact me with any queries,

VINCE CARROLL
Rugby &Northampton

Abington Park, Northampton NN3 3NJ ///shock.light.sang

