



SHAKEDOWN RUN TO RUDYARD LAKE

SUNDAY 21 March 2010

The run will start from the Bromley Hayes Garden Centre, which is approximately one mile south of Kings Bromley, just off the A515. The restaurant opens at 10:00 a.m., and participants can buy refreshments including cups of tea or coffee, sandwiches or even a full English breakfast at reasonable prices. We should be able to get the cars away by 10:30

The run is approximately 55 miles, and will finish at the Hotel Rudyard, by the lake a few miles north of Leek. There is an optional coffee and comfort stop at the Fairways Garden Centre just outside Ashbourne.

The Hotel Rudyard provides Carvery lunches from 12:00 noon on Sunday right through to 8:00 p.m., and there is a café a short distance away by the lake. At the lake, there is a Visitor Centre, and walks in the area forming part of the Staffordshire Way.



We hope you would like to join us. If you would like a breakfast at the Garden Centre at the start, it would be helpful if you can advise me on 07866 674473 or by e-mail on charles.jarman@fsmail.net so I can assist the chef to make catering arrangements

Charles Jarman