

CHELTENHAM & COUNTY HARRIERS
(Founded 1880)
www.cheltenhamharriers.co.uk

BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE DIVISION 1

10th November 2018

Venue: Pittville Park, Tommy Taylors Lane, Cheltenham, GL50 4RN

RACE STARTS 2:30pm

Parking

Parking will hopefully be available at the Prince of Wales Stadium car park that is opposite the park. As you turn off Tommy Taylor's Lane into Prince Regent Avenue there are car parks to the right and left. Marshals will tell you whether we can use both of these or maybe just one of these if there are other events on. (shown as P2 on the map below). We hope to have marshals in place to guide you.

PLEASE DO NOT PARK ON PRINCE REGENT AVENUE as doing so makes it difficult to pass. This is a PRIVATE ROAD. DO NOT PARK ON ANY GRASS VEREGES on either Prince Regent Avenue or by the side of the park .

PARKING INAPPROPRIATELY WILL PUT OUR VENUE AT RISK AS RESIDENTS AND THE COUNCIL ARE QUITE RIGHTLY CONCERNED BY THE IMPACT OF SUCH EVENTS

If the car park become full there be some room to park on the road on Alblemarle Gate which is closer to the course than the stadium.

There is also as a small car park at the top of the park. (P5)

There is also another car park on the other side of Evesham Road (P6). This car park is as close to the start as the race HQ and there are also toilets on that side of the park by the children's play area.

There is also a car park by the leisure centre (P3) and (P4) where the changing rooms are situated.

Registration. Toilets and Changing are in the Stadium

Race registration and collection of numbers will all take place in the Prince of Wales Stadium as usual. **If there are rugby games on that day and that we need to be considerate to our fellow stadium users.** Toilets are available in the stadium.. There are also public toilets on the far side of the park if you go under the underpass. These are closer to the start than the leisure centre.

Refreshments

There will be a limited range of drinks and confectionary etc in the stadium foyer from 1pm onwards. These are provided by the stadium rather than by Cheltenham Harriers.

First Aid / Medical –

LMS Ltd will be at the fixture with 2 medical technicians and they will be based by the stream crossing

Belongings

We also urge you to lock your cars and keep a watchful eye on all belongings when in the park. The public has access to the park which could be busy on a fine day.

Important

It will be advisable to walk and survey the course, particularly the stream crossing. Please familiarise yourselves with all the hazards of the course such as tree roots. Spikes are recommended for the course, although runners will be required to cross over a tarmac path several times per lap.

Course Map

This is included with this letter. The course is still very similar and 3.25 laps totalling about 6 miles.

Andy Prophett (07758829253) prophett800@hotmail.co.uk

Birmingham Cross Country League, Saturday 10th November 2018 Cheltenham

The course is **3.25 laps** and should be about 6 miles.
The Start point will be in the same place as 2017

There may be some slight adjustments to the course based on the condition of the ground and the recommendations of the park warden in the days before the race. Please check the actual course layout. I will let clubs know if there are changes.

It is advised that you print off this map and take it with you when you walk the course prior to the race.

From the Start (A) follow the course to point B.

The first time you get to point B follow the blue arrows to C (you only run this the first time)

Turn Right to join the red loop and follow this to point D.

You then have 3 full laps to go. Stick on the red route. (ie when reaching B for the 2nd, 3rd and 4th time you head down to the stream)

On reaching point D for the 4th time you follow the blue arrow to the finish



CAR PARKS AND TOILETS

6 Car Parks shown on the map as P1-P6. **DO NOT park in Prince Regent Way or on grass verges.**
Toilets at race HQ and in the park (underpass goes under the road)

