



# BLACK PEAR JOGGERS

[bpj.org.uk](http://bpj.org.uk)

**BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE DIVISION 2**

## **RACE ONE - 10TH NOVEMBER 2018 @ 2:30PM**

**Cob House Country Park, Cob House, Worcester Road, Wichenford, Worcester, WR6 6YE**

### **DIRECTIONS**

Please use enter 'Cob House Fisheries' into sat navs. The postcode WR6 6YE may take you to a farm over the road from the venue. Look out for the yellow car park signs as you approach the venue and at the entrance for "Mayfly Café" sign.

#### **From Worcester:**

Follow the Hylton Road towards Hallow. Turn left for Martley onto the B4204. Follow this road through Lower Broadheath, along a long straight and you will find us on the left hand side.

#### **From The North:**

Exit M5 Motorway at Junction 5

At the roundabout take the 3rd exit A38 towards Worcester

To the traffic lights and straight over

Remain in the A38 and Exit for Ombersley following the Ombersley signs

Into the village of Ombersley to the roundabout and take the 2nd exit (straight over)

To a mini roundabout and take the 2nd exit (straight over)

To T Junction (Holt Heath, opposite the Red Lion Pub) and turn right (signposted Tenbury)

Take the First Left (signposted Ockeridge)

Into the village of Wichenford and turn right into Venn Lane

To the T Junction and turn left back towards Worcester, you are on the B4204

Around a sharp left hand bend and then a right and we are there on the right hand side.

#### **From M5 Junction 7:**

Take A44 to Worcester

At first roundabout turn left (A4440 Hereford/Malvern/Leominster)

Continue straight over on the next 4 roundabouts following signs for Leominster

At the 5th roundabout take the 2nd Exit for Leominster

Take the 1st right on the brow of the hill for Elgars Birthplace and Lower Broadheath

To the cross roads and turn right

To the T Junction and turn left

You are now on the B4204 Worcester to Martley Road. Go through Lower Broadheath and along a long straight and you will find us on the left hand side.

### **PARKING**

There is limited parking at the venue, **so please car share and arrive early at the venue.**

## **REGISTRATION**

Registration will be held in the back function room of the Mayfly Cafe

## **TOILETS/CHANGING**

There are toilets inside the Mayfly Café and portable units outside near registration.

There are no showers or indoor changing available.

**Please remove muddy footwear before entering the Cafe**

## **REFRESHMENTS**

Hot food and drinks available to purchase within The Mayfly Café.

Check out the website to see what the Cob House has to offer. <https://www.cobhouse.org/>

## **FIRST AID**

There is a qualified first aider available during the event.

## **BAGGAGE**

There is no baggage storage areas. Clubs are welcome to set up gazebos

## **COURSE MAP**

The race will start from outside the Mayfly Café. Firstly, runners will complete one small ½ mile loop around of the field before heading out onto the first full lap of the cob house grounds. You will pass through the woods and around the grounds then through an open gate into the fields for a “possibly muddy” section before heading back into the Cob House for a section around the fishing pools and then back to the start / finish area for a further 2 laps.

1 x small ½ mile lap

3 x 1.9 mile laps

Please take a look at the route. There will be marshals along the course to direct and encourage you, if needed, along with high-vis arrows and red / white tape to mark out the course (and block off any wrong turns!).



Short Lap: <https://www.plotaroute.com/route/705225>  
Long lap (x3): <https://www.plotaroute.com/route/705226>