

**Birmingham & District Invitation Cross Country League
Midland Women's Cross Country League
Saturday 11th January 2020**

Hosted by Massey Ferguson RC

13:30 Midland Women's Cross Country League – D2

14:30 Birmingham & District Invitation – D2

Firstly a huge apology for the late information for this race, the recent wet weather has meant that the initial venue of Coundon Hall Park in Coventry was at risk of being cancelled so since the last race we have been working hard with Coventry City Council to come up with an alternative venue for the races. We are delighted that we are able to use Coombe Country Park as a new venue.

Venue & Parking

The course is on Coombe Country Park on the East side of Coventry - Coombe Abbey Park, Brinklow Road, Binley Coventry - CV3 2AB. Unlike most cross country venues there is plenty of parking on site but after a 10 minute drop off it comes at a cost. It is done with ANPR to pay just before you leave. There are plenty of pay station that take cash and cards:- 1-2 hours: £3.00, 2-4 hours: £3.50, Day Ticket: £5.00, Mini bus tariff: £13.00 & Coach tariff: £30.00. Motorcycles - No charge. – Save money and car share!

Facilities

It is planned that Race registration will be on a large gazebo near the start of the course. Coombe Abbey Park has on site toilets at the side of the main visitors centre near the start of the race. There are no showers or indoor changing available.

There is an excellent café on site that serves warm drinks and food

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The Course

After a tree lined start and finish the course is generally over rough grazing land on the Old Deer Park. It is fairly flat but rabbits and sheep have made their presence known. Athletes are recommended to walk the course prior to racing to assess for risks – but please be aware of runners on the course participating in the race before or after yours, and take care not to impede racing when on recce, warming up or cooling down.

Trail shoes and spikes are recommended for the course, and there are no tarmac areas.

Midland Women's Cross Country League 2 laps

<https://www.plotaroute.com/route/984021?units=km>

Birmingham & District Invitation Cross Country League 3 laps

<https://www.plotaroute.com/route/984028?units=km>

Tents can be erected at the side of the start-finish field area of the course

