

# **Birmingham & District Invitation Cross Country League**

## **Saturday 14th January 2017, hosted by Telford AC**

### **Venue**

Lilleshall National Sports and Conferencing Centre  
Near Newport  
Shropshire  
United Kingdom  
TF10 9AT

**If travelling to the centre using Satellite Navigation please use the alternative postcode TF10 9LQ**

### **Race Start Time**

14:30

### **Directions**

Lilleshall National Sports & Conferencing Centre is located just north of Telford close to the A41 approximately 3 miles from the town of Newport. The main entrance gates to the centre are situated on Pave Lane, which can be accessed from the north via the A518 and from the south via the A41. In both cases please follow the signposts for "National Sports Centre".

For a map, follow this link to the Lilleshall National Sports & Conferencing Centre website:-

<http://www.lilleshallnsc.co.uk/lilleshall/ContactUs>

The entrance to the centre is a driveway which is around one mile long, over a number of speedbumps. Just keeping heading straight on until you arrive at the main car park which is on the left hand side of the main building.

### **Parking**

Please park on the main car park located on the left hand side of the main building at the end of the entrance driveway. There should be sufficient parking for the expected number of vehicles, as the car park has recently been extended. Parking is free.

It is a 5 minute walk of around a quarter of a mile from the car park to the course.

**Please park in the main car park and not along the edge of any of the driveways.**

### **Facilities**

There are toilets and showers in the main building situated across the road from the main car park. Refreshments will be available at the course.

### **Contact**

Paul Ward, Telford AC

Email address – [paulward17@hotmail.com](mailto:paulward17@hotmail.com)

Mobile number – 07904 251854

## The Course – Saturday 14<sup>th</sup> January 2017 hosted by Telford AC at Lilleshall

The course is approximately 5.5 miles long (i.e. approx 9k) consisting of 1 short lap followed by 3 long laps. In the event of wet weather over the next couple of weeks, parts of the course may be quite muddy, so will easily take 15mm spikes, especially as there are no tarmac road crossings. 12mm spikes or fell shoes will also be fine but I would suggest that 9mm spikes may not give you sufficient traction. It is all on grassland, with one downhill section and one climb on each of the 4 laps. Part of the course is across a section of quite thick grass but most of the course is decent underfoot and enables you to get into a decent rhythm.

Overall, there will probably be a bit more mud and the course won't be as quick as the excellent course used for the last race at Stratford, but I hope you'll all enjoy it. A map of the course is shown below:-



Lap 1 is the short lap, which is just the perimeter of the course, in a clockwise direction.

Laps 2, 3 and 4 are the long laps, which include the 'lollipop' shape loop around the circular wood from the base of the perimeter.