

**Final races for  
Birmingham Cross Country league Division 3 (14:30) and  
Midland Women's Cross Country League (13:30)  
9/2/19  
Promoted by Gloucester AC.**

**Directions:**

Cattle Country is located half a mile from Berkeley, just off the A38 between Bristol and Gloucester.

Leave the M5 at junction 13 and turn right towards the A38. Turn left when you join the A38 to travel south. After approximately 10 miles, at Berkeley Heath Motors, turn right along the B4066 signposted Berkeley. Cattle Country is signposted with brown tourist signs here. Travel along the B4066 for about a mile. Cattle Country is on your right. Use the overflow car park which is the first one you come to and which is also signposted "coaches only". Please do not use the other car parkas you will be charged entry if you go into the park that way. The post code GL13 9EW will take you to this. Although there is a good amount of parking space **it will be better if clubs arrange to car share.**

Athletes with young children may like to know that Cattle Country has a wide range of attractions for children; if you wish to use them, reduced admission can be charged on the day. See <https://www.cattlecountry.co.uk/>

Registration and presentations will be in the large marquee not far from the car park. Two toilet blocks and a cafe are also near there. There are **no toilets on the course** which is 850m from the car park. There is no changing. Note that all facilities, other than the toilets, the marquee and overflow car park, will close at 16:00. **This includes the cafe.** Please avoid going into the farm yard just before entering the course although you will walk past it along a very muddy track for about 50m. Tents can be erected near the start and finish.

The course  
and tents.



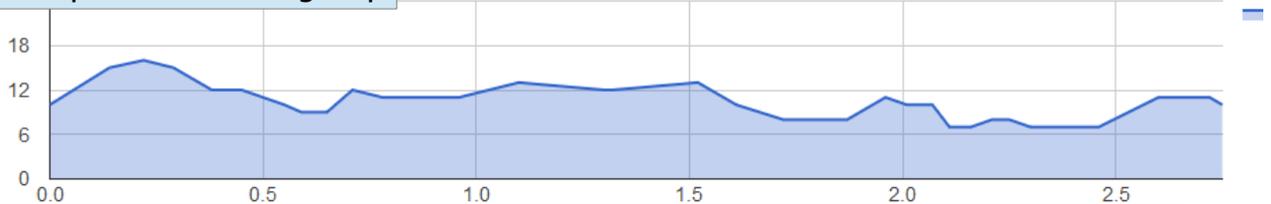
Car park

marquee

# The course

The races are over fields and water meadows usually grazed by cattle or sheep. The ground can be uneven and can, depending on weather, range from boggy to firm. Field gateways can be very muddy. Just before leaving the start field the course goes through two shallow but water filled drains. There are a couple of areas which have a few stones. These will be marked. The course is suitable for spikes or studs. It is undulating. The map is below .

Elevation profile of the large lap



Women: 1 small lap (in yellow) + 2 large laps (in blue) + finish leg (in black) = 6.2k  
Men: 1 small lap + 3 large laps + finish leg = 9k

