

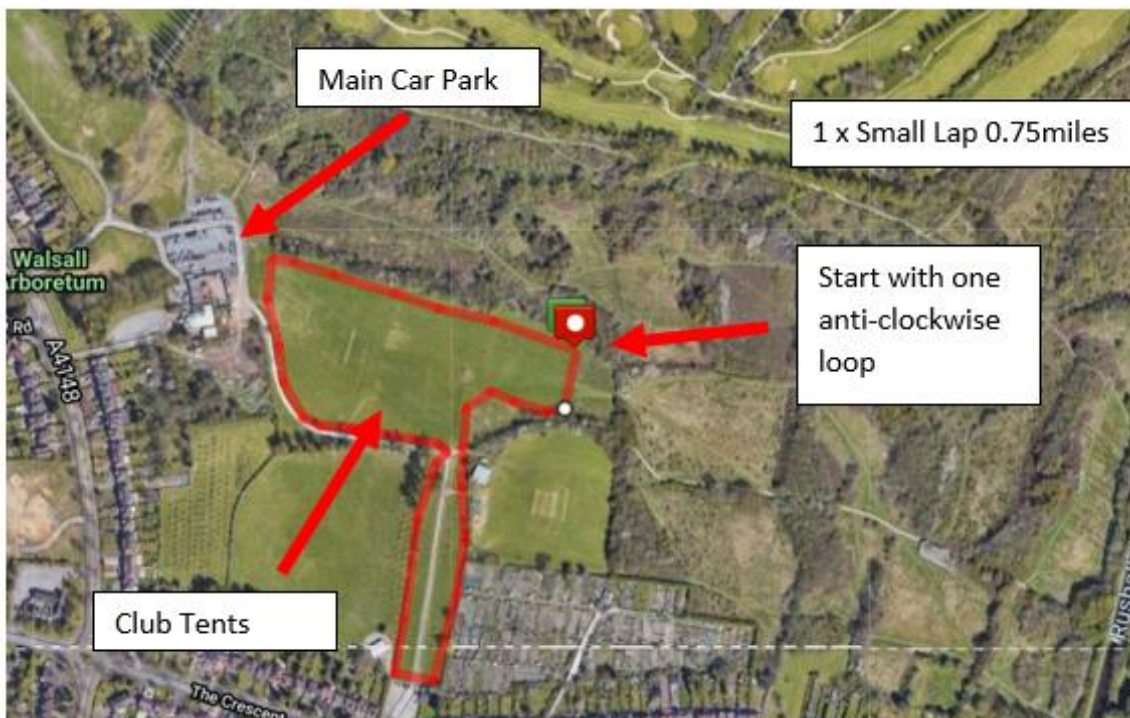
Birmingham Cross Country League Division 3
Fixture 4 19/02/22
Walsall Arboretum

The Route

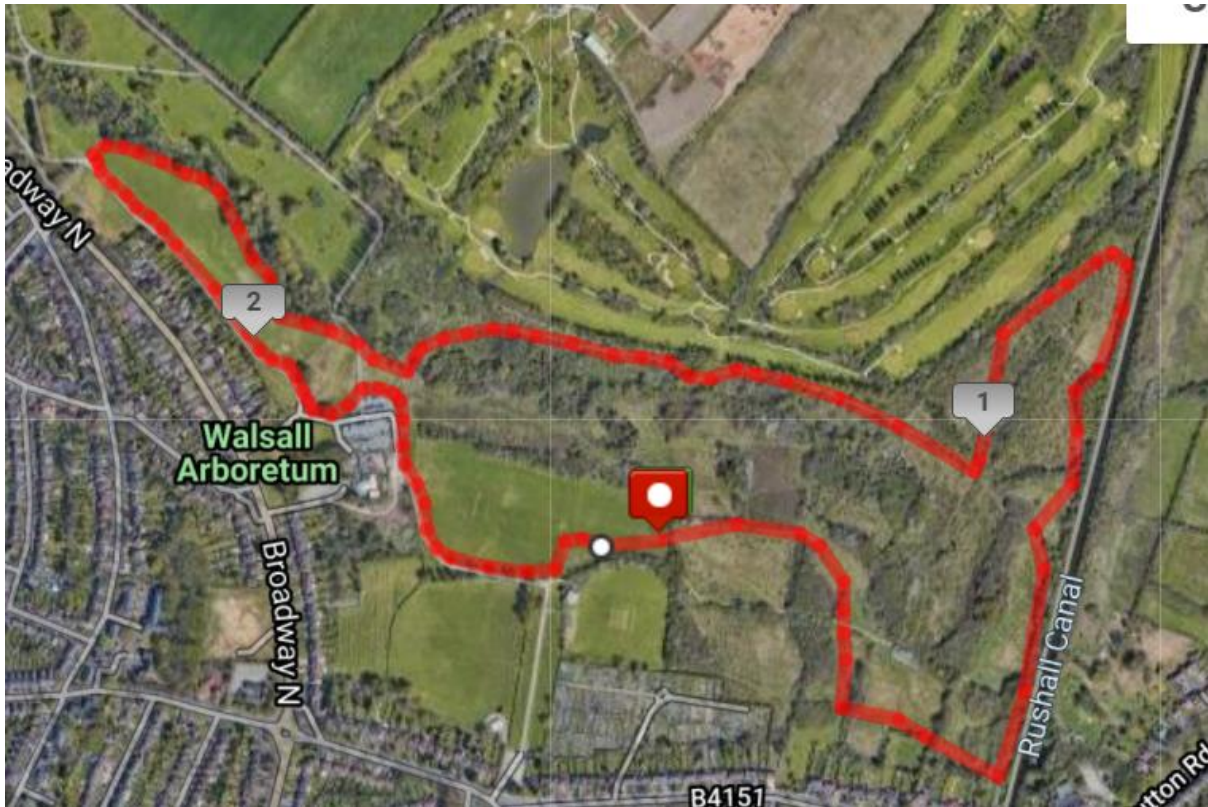
The route starts with on small lap (0.75 miles) followed by two larger laps (2.5 miles). The route is a mixture of traditional open grass fields and woodland which is suitable for spikes. There are a number of small wooden beamed bridges on the course and we ask you to take care when crossing these. Each lap you also cross a tarmac path twice.

The small lap:

The race will start in the north east corner and will take an anti-clockwise direction around the main field before returning to near the start finish area where the route will then pick up the large loop.



The large lap:



The large lap will head off across the old golf course, the first part of the lap is wide enough for runners to run 3 or 4 abreast but not suitable for spectators who will block the course. The route is an old golf course and is fairly flat but with large sections of mud and a number of obstacles in the form of small wooden bridges and tarmac pathways to cross. The course is suitable for spikes.

On completion of the second large lap runners are to keep left and head to the finish area

