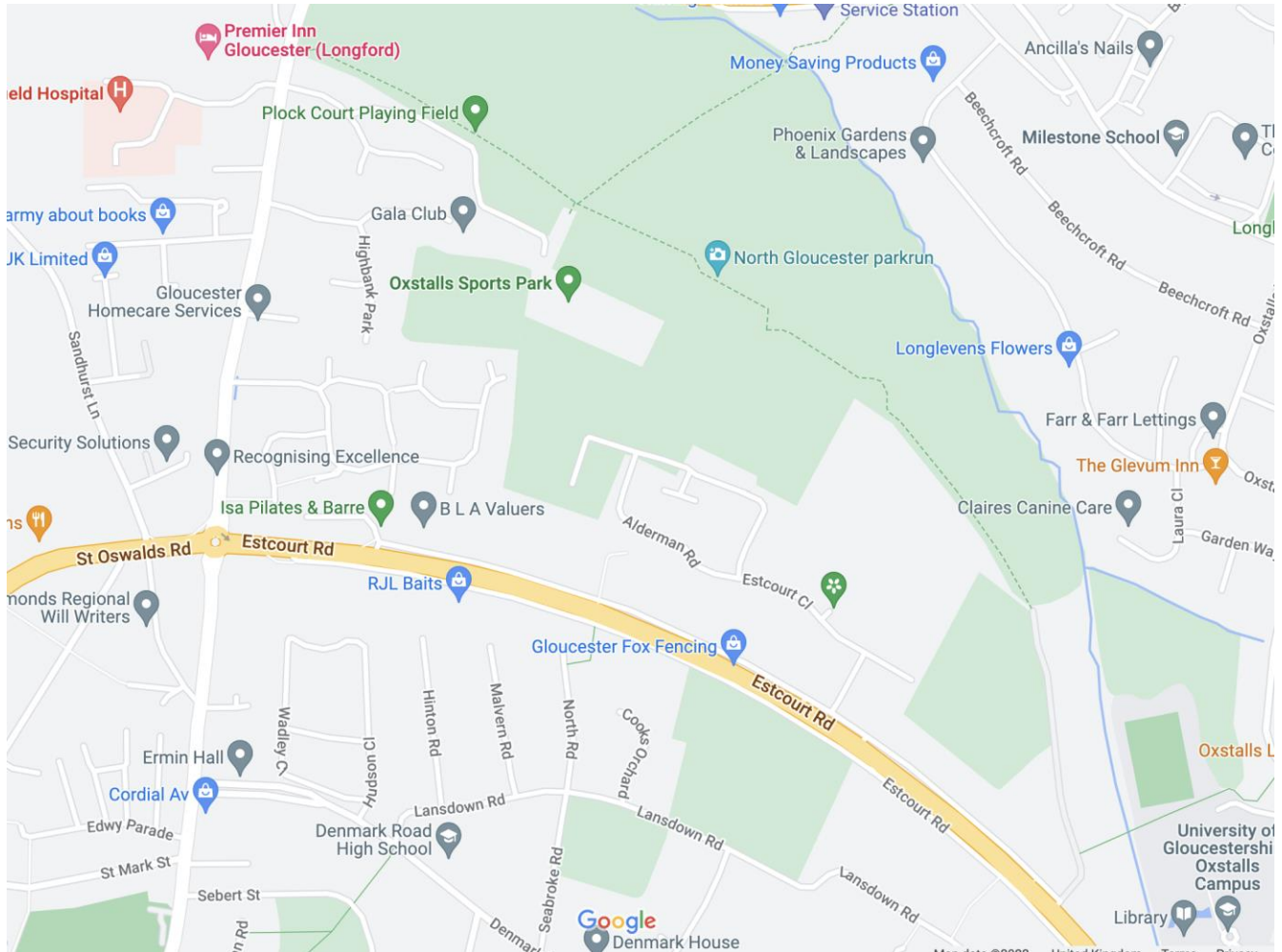


BIRMINGHAM & DISTRICT CROSS COUNTRY 2022/23 LEAGUE RACE 1

Venue, Travel Directions & Parking

Race venue - Oxstalls Indoor Tennis Centre, Plock Court, Gloucester, GL2 9DW



Directions to the venue

From the South

1. Come off M5 at Jcn 11 and join the A40 (Gloucester). Note due to roadworks you are filtered towards Gloucester. You cannot take any other exits. At Elmbridge Court roundabout take the fourth exit **RIGHT** towards Ross and the Forest of Dean (A40).
2. At the end of the dual carriageway (past the Audi garage on your left) **TURN LEFT on to Tewkesbury Rd/A38** towards Gloucester City Centre.
3. Travel approx 200m and **TURN LEFT** (opposite Winfield Hospital) into **PLOCK COURT**. Approx 20m **take the first left** for Oxstalls Indoor Tennis Centre. Travel along the access road and you will see the Indoor Centre in front of you. Race HQ is at the Cricket Pavilion (adjacent to the tennis courts).

From the North

1. Come off M5 at Jcn 11 and join the A40 (Cheltenham). Note due to roadworks you are filtered towards Cheltenham. You cannot take any other exits. At Arle Court roundabout take the fifth exit **and re-join the A40** to Gloucester.
2. At Elmbridge Court roundabout take the third exit **RIGHT** towards Ross and the Forest of Dean (A40).
3. At the end of the dual carriageway (past the Audi garage on your left) **TURN LEFT on to Tewkesbury Rd/A38** towards Gloucester City Centre.
4. Travel approx 200m and **TURN LEFT** (opposite Winfield Hospital) into **PLOCK COURT**. Approx 20m **take the first left** for Oxstalls Indoor Tennis Centre. Travel along the access road and you will see the Indoor Centre in front of you. Race HQ is at the Cricket Pavilion (adjacent to the tennis courts).

Parking (primary) – There is free parking available at the Tennis Centre and paid parking at the Sports Arena (both are on the same complex). However, availability will depend on other users of the sports fields / facilities at the time of the race. Runners need to note that there is a Wheelchair Bocchia event at the Sports Arena and a number of hockey/football matches around the time of the race. If there is no space there are a number of alternate options (see below). We advise runners to check the tennis centre first and for teams to drop off tents before finding alternative parking. The entrance to the primary parking is via the access road referred to above. All local clubs are urged to car share and use alternative car parks.

If the primary car park option is full please do not park on the access road to the Tennis Centre.

Alternate Parking Option 1 (preferred) – last year we had use of the university and hope to be able to confirm the same arrangement next week (week beginning 31 October). In anticipation that it is a 'yes'. If the Tennis and Sports Arena car parks are full runners are requested to use the car park next to building 7 (Business School) at the University of Gloucestershire, Oxstalls Campus, Oxstalls Ln, GL2 9HW. Parking will cost £1.50 per car for 3hrs and can be paid via debit card. To get to race HQ exit the campus between buildings 7 & 8, over the short bridge and turn right on to the gravel track (follow the signs to the Sports Arena). It is approx. a 5 minutes walk to Race HQ. When using the Uni car park please adhere to the speed signs and note it is used by staff and students at the weekend.

We would ask all Gloucestershire club runners to use the university car park by default and leave any

From the South

1. Come off M5 at Jcn 11 and join the A40 (Gloucester). Note due to roadworks you are filtered towards Gloucester. You cannot take any other exits. At Elmbridge Court roundabout take the

fourth exit **RIGHT** towards Ross and the Forest of Dean (A40).

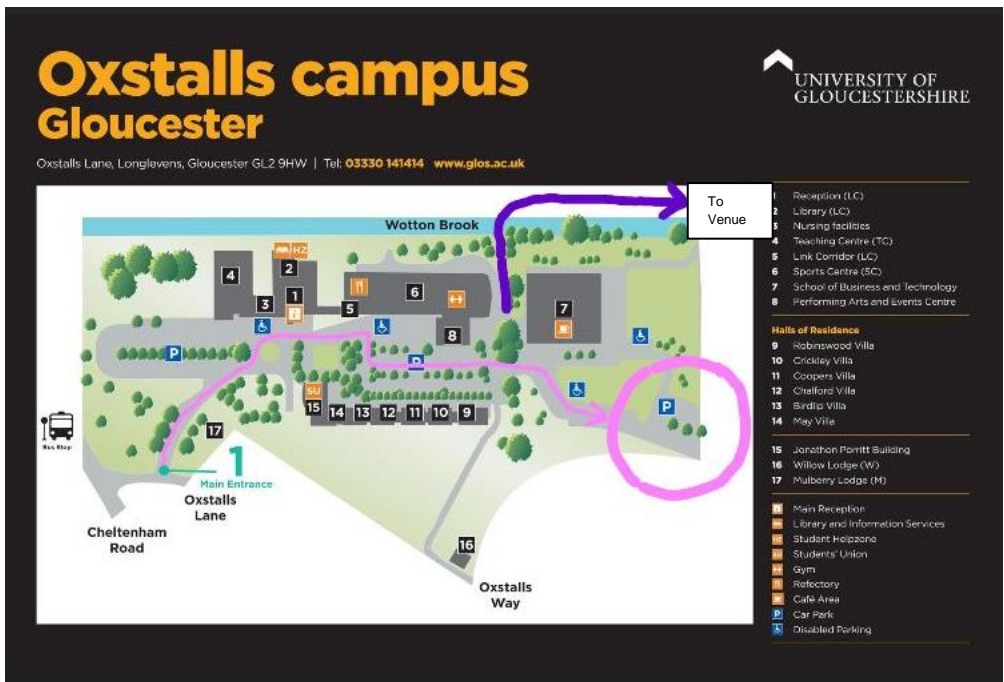
2. At the end of the dual carriageway (past the Audi garage on your left) **TURN LEFT on to Tewkesbury Rd/A38** towards Gloucester City Centre.
3. Travel for 0.5 miles and at the roundabout **TURN LEFT** on to Escourt Rd/A38.
4. Travel for 0.8 miles and at the next roundabout **TURN LEFT** on to Cheltenham Rd.
5. At the next traffic lights (0.1 miles) **TURN LEFT** onto Oxstalls Ln. Entrance to the campus is immediately on your left. Car park is past building 7.

From the North

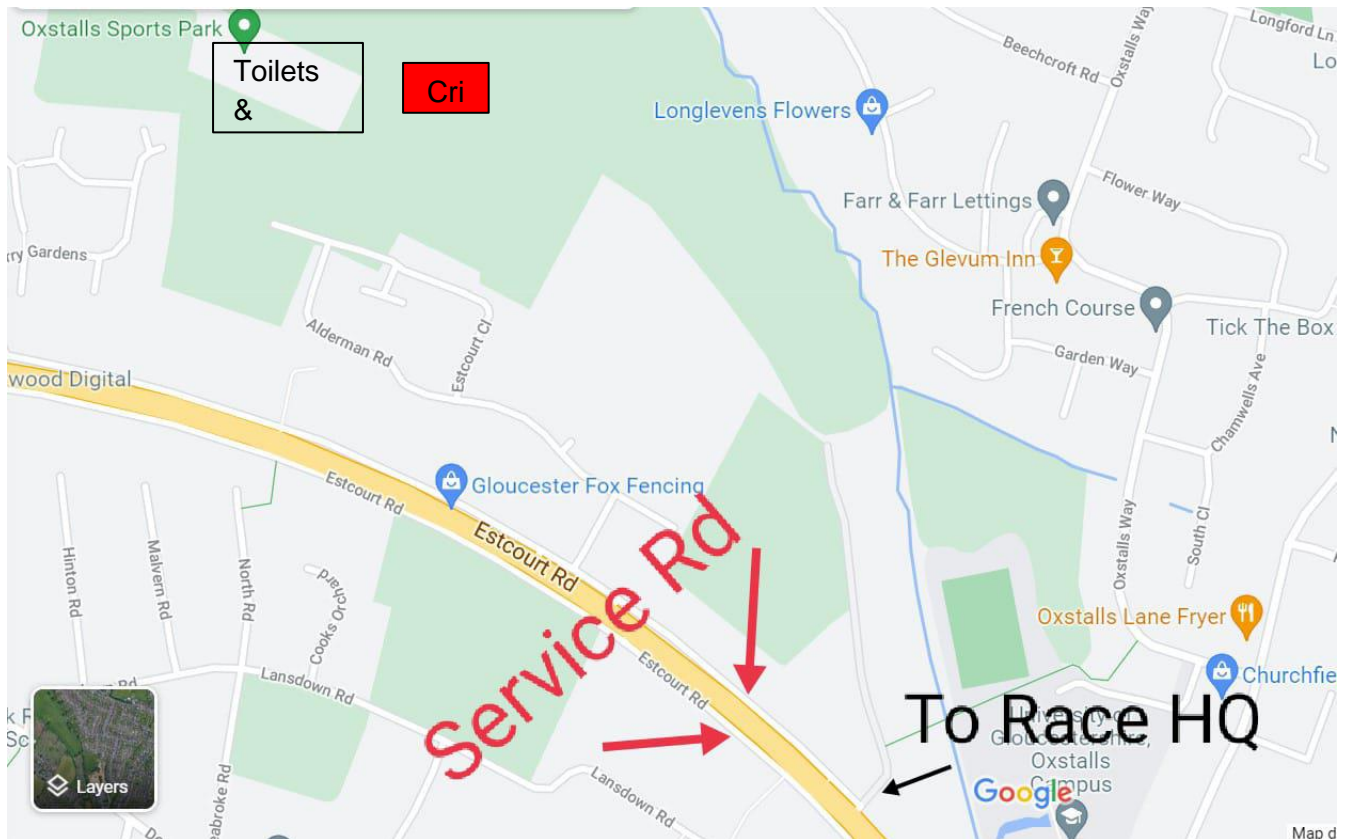
1. Come off M5 at Jcn 11 and join the A40 (Cheltenham). Note due to roadworks you are filtered towards Cheltenham. You cannot take any other exits. At Arle Court roundabout take the fifth exit **and re-join the A40** to Gloucester.
2. At Elmbridge Court roundabout take the fourth exit **RIGHT** towards Ross and the Forest of Dean (A40).
3. At the end of the dual carriageway (past the Audi garage on your left) **TURN LEFT on to Tewkesbury Rd/A38** towards Gloucester City Centre.
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5. Travel for 0.8 miles and at the next roundabout **TURN LEFT** on to Cheltenham Rd.
6. At the next traffic lights (0.1 miles) **TURN LEFT** onto Oxstalls Ln. Entrance to the campus is immediately on your left. Car park is past building 7.

From the venue (Oxstalls Indoor Tennis Centre)

1. Travel back along the access road to Plock Court.
2. At the junction of Plock Court and Tewkesbury Rd/A38 **TURN LEFT**.
3. Travel for 0.5 miles and at the roundabout **TURN LEFT** on to Escourt Rd/A38.
4. Travel for 0.8 miles and at the next roundabout **TURN LEFT** on to Cheltenham Rd.
5. At the next traffic lights (0.1 miles) **TURN LEFT** onto Oxstalls Ln. Entrance to the campus is immediately on your left. Car park is past building 7.



Alternate Parking Option 2 (emergency) – in extremis there is usually plenty of street parking on the service roads either side of Escourt Rd (10mins walk from Race HQ, see map below).



Race day details

Race HQ and registration will be at the cricket pavilion. Use of the pavilion is for race officials only.

Toilets. Toilets for the event are in the tennis centre.

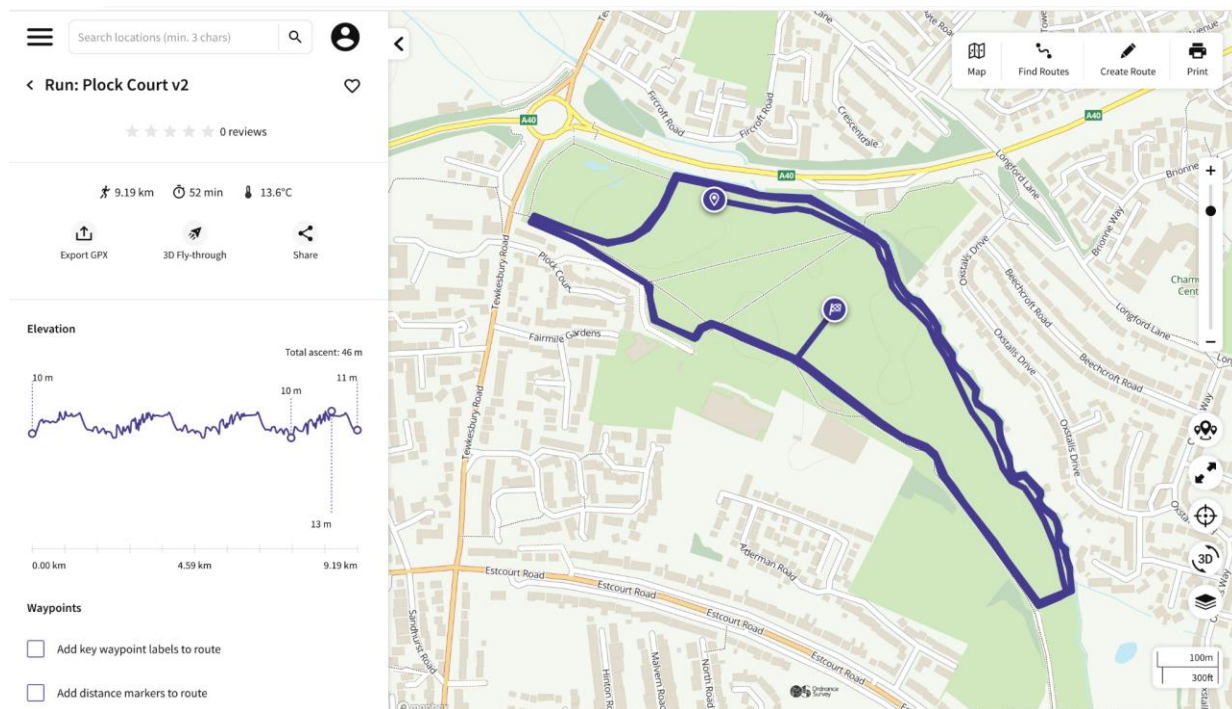
Changing and showers. These are available in the tennis centre and will be clearly labelled for BDCCL. Please do not leave any valuables in the changing rooms and do not enter the centre in muddy shoes.

Refreshments are available in the tennis centre.

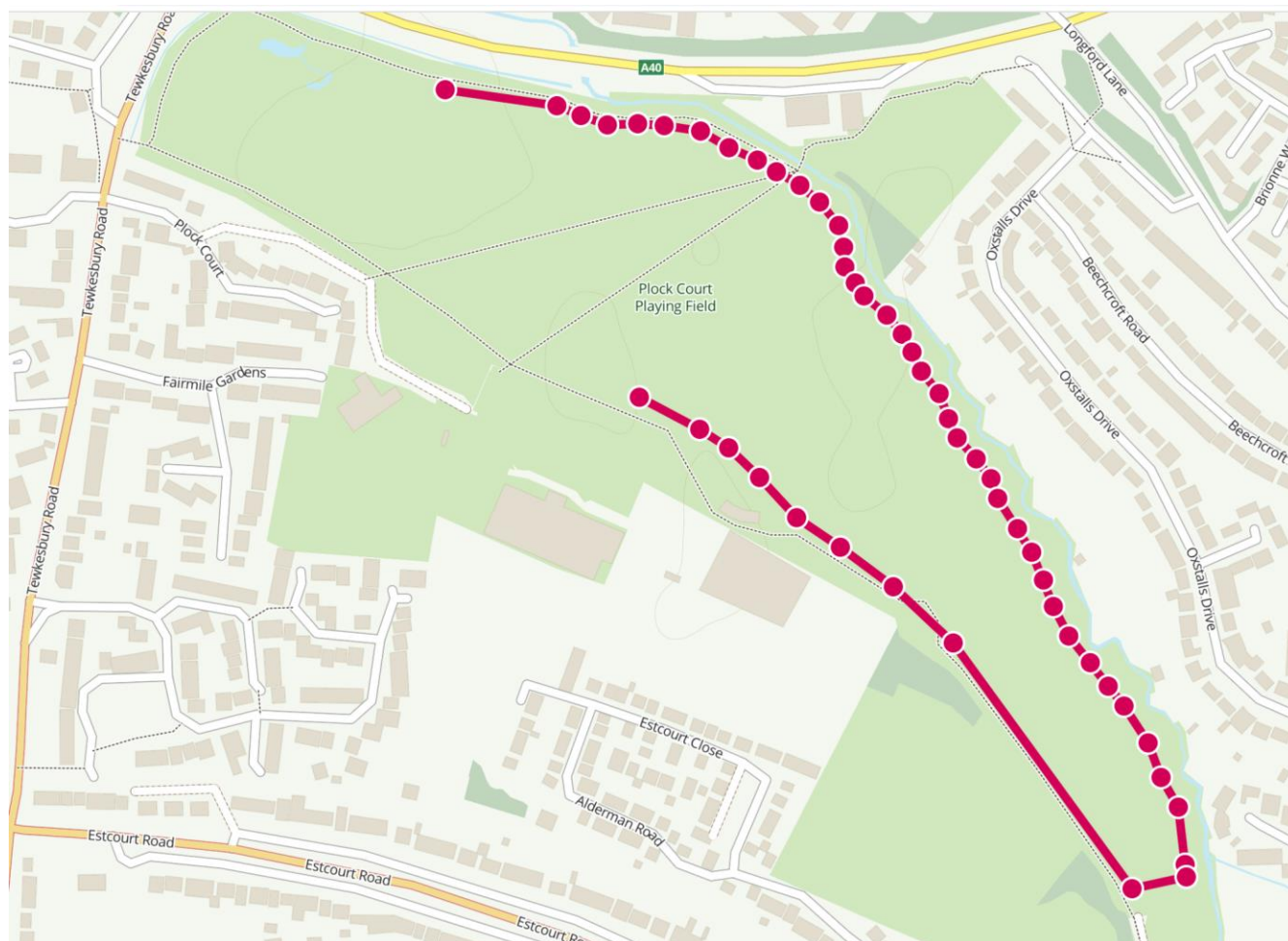
Team tents can be pitched in front of the cricket pavilion close to the start/finish area.

Medical cover will be provided at the event by St John's. In the event further support is required Gloucester Royal Hospital A&E is 1.3 miles away. The centre is easily accessible by the emergency services.

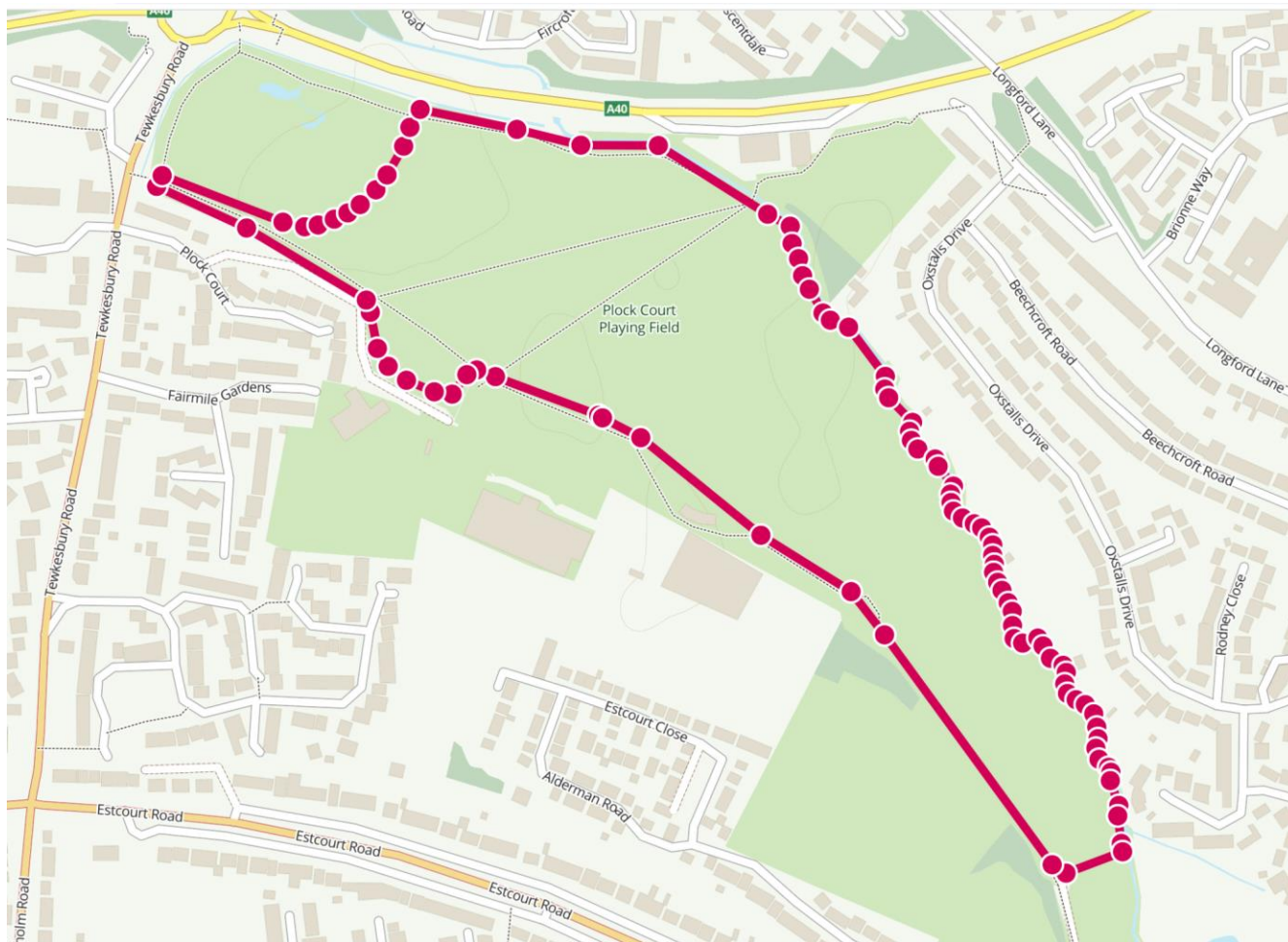
Course details. The course is approx 9.3km around maintained playing fields. It's flat and fast, all on grass and suitable for spikes (recommended). This race will comprise 3 $\frac{3}{4}$ laps all run in a clockwise direction and will be marked using a mix of posts, minetape and marshals (volunteers). When running keep to the left hand side of the playing fields i.e. the perimeter should always be on your left. There are plenty of opportunities for overtaking.



Lap 1 (approx 1.6km). Start in the top left corner of the playing fields, keeping the banking on your left runners will follow the perimeter. There will be marshalls at all key points.



Laps 2 and 3 (2.4km each). 2 x full laps, as runners approach the start they will be directed onto the banking. There will be marshalls at all key points.



Lap 4 (2.6km). 1 x full lap, running on the banking with (approx) 200m dash to the finish. There will be marshalls at all key points.

