

Instructions for competing clubs

**Birmingham & District Division 2 and
MCAA Women's Cross Country League Division 1
Race 4
Burton Dassett Hills Country Park
Saturday 11th February 2023**

Hosted by Spa Striders Running Club

Women's Race: 1:30 p.m.

Men's Race: 2:30 p.m.

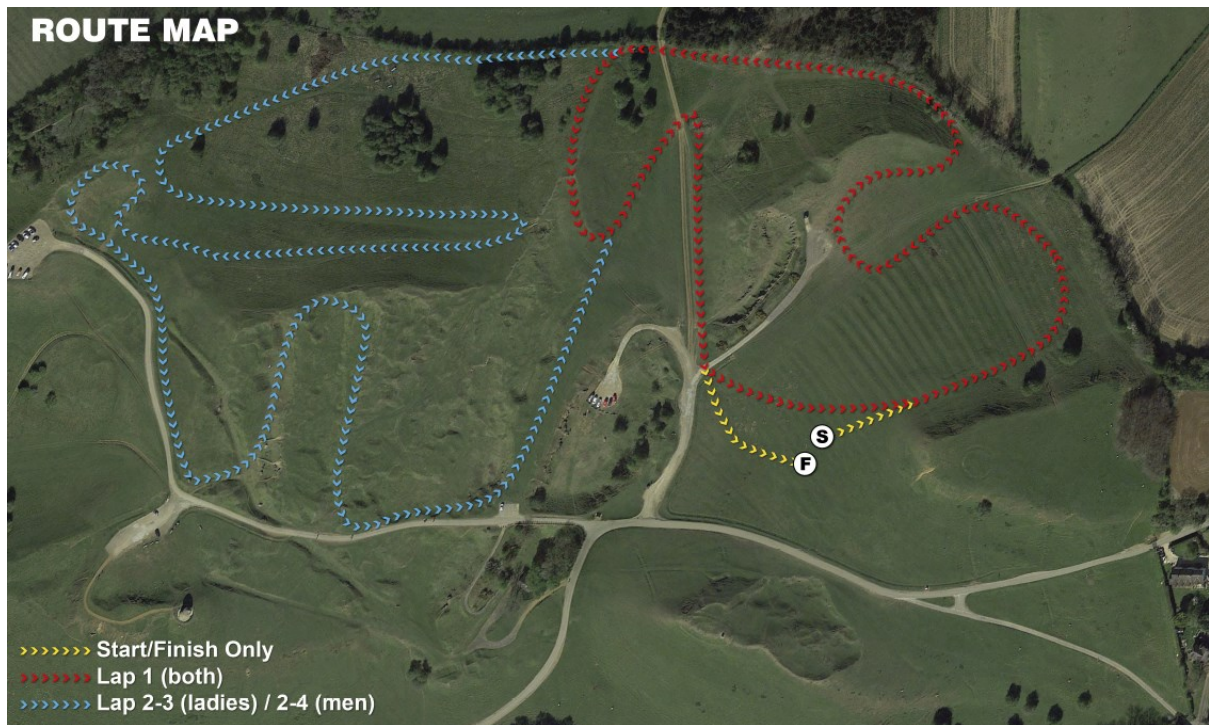
Spa Striders RC warmly welcomes you to Burton Dassett Country Park, Warwickshire for race four of the league. Warwickshire is not renowned for its hills but we have managed to find most of them! We are pleased to host this challenging course in picturesque surroundings.

COURSE DESCRIPTION It's hilly! The course is on grass (there is one small tarmac road to cross which will be adequately cushioned) so suitable for cross country spikes. Men will race 1 short + 3 long laps (~5.8 miles), and women will complete 1 short + 2 long laps (~4.1 miles).

The course is the same as last year; however, for those that have run the race pre COVID, we have made some significant changes. The route includes a narrow 10m uphill section where overtaking will be difficult. This part of the course will be fairly obvious so you should be able to place yourselves in an appropriate position coming up to the ascent.

For new comers, the course is undulating, with one particularly testing climb. There are a few tight turns, some underlying rocks, stretches with longer grass, the odd divot and some adverse cambers. The course has some out and back sections.

You 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. Please take care not to impede racing when on a recce, warming up or cooling down.



CLOTHING Burton Dassett Hills can get very windy and a result be a lot colder than the surrounding area. It is highly recommended that you and your supporters bring appropriate warm clothing; particularly post race.

FACILITIES Race registration will be the large gazebo which we are aiming to put next to small carpark between the blue and yellow lines on the route map above. Burton Dassett Hills Country Park has on site toilets; however, we will supplement these with some portaloos. There are no showers or indoor changing available on the day.

PARKING Like most league races parking is limited – particularly if we have lots of rain beforehand. Please car share wherever possible.

- Parking is free ... please ignore the pay as you go signs.
- The Parking facilities ARE NOT suitable for coaches. If you are planning to travel by coach please find suitable parking within Avon Dassett and walk to the start (c. 5-10 mins).
- Please follow the instructions of our car park marshals.
- **Please obey the strict one way system that we will be operating for runners' vehicles on the day. Entry to the site will strictly be via the B4100 (see below for further details)**
- Note that those not in the race may attempt to contravene the one way system – do not blindly follow the car in front.
- If required, tents and gazebos can be quickly dropped off at the designated area.
- Avoid leaving excessive gaps between vehicles.
- If instructed to park on a grass verge, please ensure you leave sufficient space for vehicles to get past (possibly in both directions).
- DO NOT park in the sections of the road used to help facilitate the flow of traffic.
- We can also offer car parking for disabled attendees (disabled toilets are available). Please email Chris McKeown at chris.m.mckeown@gmail.com or Matt Leydon at mattleydon@zoho.com (if you would like to take up either of these options).

CONTACT:

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DIRECTIONS:

If using SAT NAV, please enter CV47 2AB as your post code. Entry to the site will strictly be via the B4100. Please do not try to enter via Avon Dassett.

M40:

If coming via the M40, come off at exit 12 and turn left onto the B4451 towards Gaydon. Turn left onto the B4100 until the roundabout. Take the first exit and travel for c. 1-2 miles. Turn left at Kinton MOD. There are brown signs signifying the Country Park.

