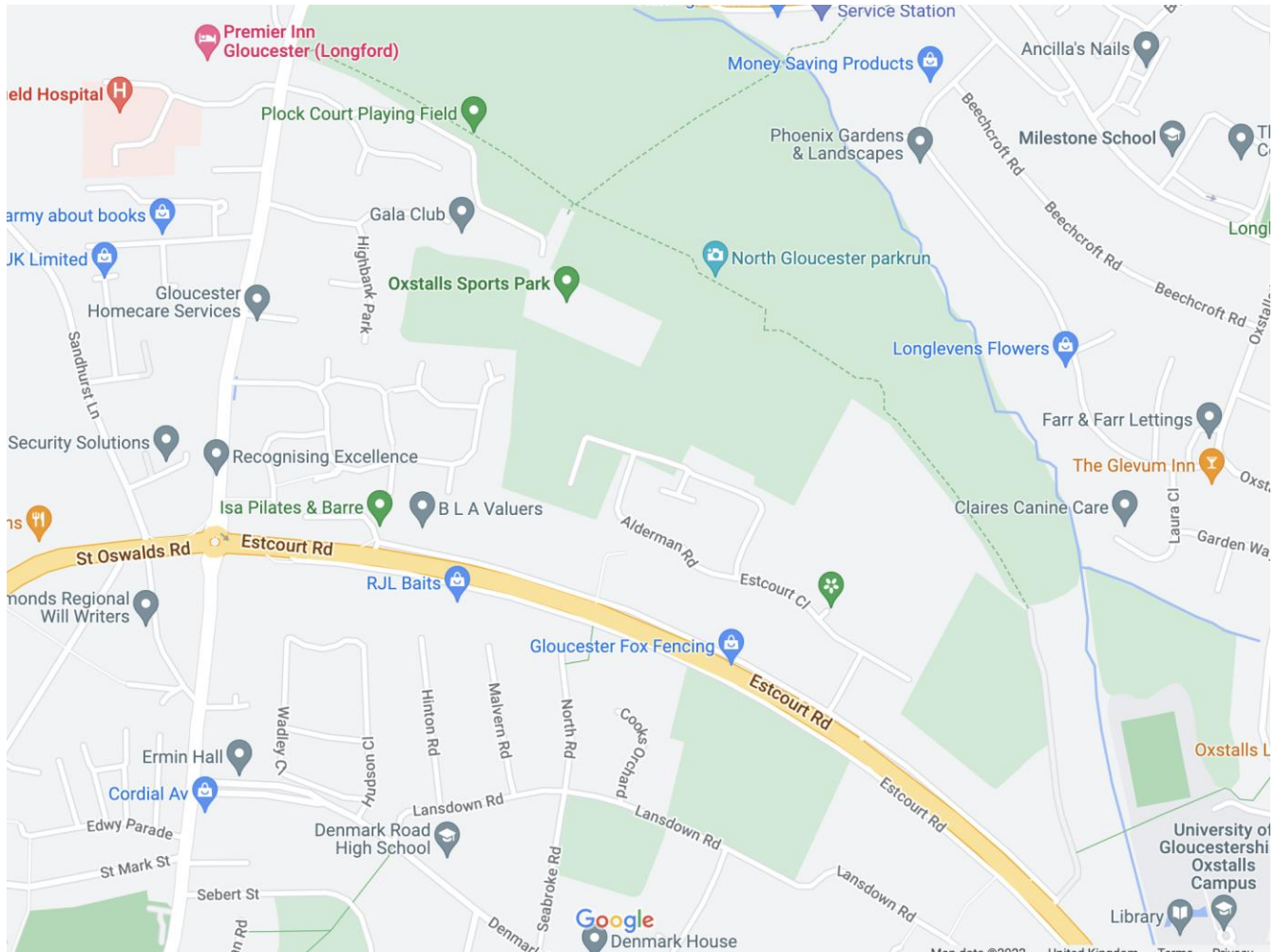


BIRMINGHAM & DISTRICT CROSS COUNTRY 2023/24 LEAGUE RACE 2 - FINAL INSTRUCTIONS

Update - confirmation of race HQ and update to parking

Venue, Travel Directions & Parking

Venue - Cricket pavilion, Oxstalls Indoor Tennis Centre, Plock Court, Gloucester, GL2 9DW.
What3words: [///exacted.vowed.destiny](https://www.what3words.com/#!/en////exacted.vowed.destiny)



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 – There is free and paid parking at the event but this is on a first come first served basis and shared with other users of Plock Court, Tennis Centre and Sports Arena. As a result these fill up very quickly, especially at the weekend. We have been asked by the site management and request runners use car parking at the University of Gloucestershire in the first instance. Please only use the parking at the event if you are dropping off team tents/kit.

Main parking: University of Gloucestershire car park (Sat Nav: GL2 9HW, What3words; zips.name.pirate). On entering the site from Oxstalls Lane continue past the main building on the left hand side. The car park is next to building 7, Business School, see diagram below. Parking will cost £1. 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.

Oxstalls campus Gloucester

Oxstalls Lane, Longlevens, Gloucester GL2 9HW | Tel: 03330 141414 www.glos.ac.uk



Plock Court, Centre, Arena parking - [///parkway.images.tripling](http://parkway.images.tripling), [///summit.buzzing.tequila](http://summit.buzzing.tequila), [///crypt.restores.converter](http://crypt.restores.converter). Please do not park on the access road, this must be kept clear at all times.

Directions to University of Gloucester Car Park:

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** onto 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.

4. Travel for 0.5 miles and at the roundabout **TURN LEFT** onto Escourt Rd/A38.
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.

Race day details

Race HQ, toilets, changing rooms and showers. All will be in the cricket pavilion.

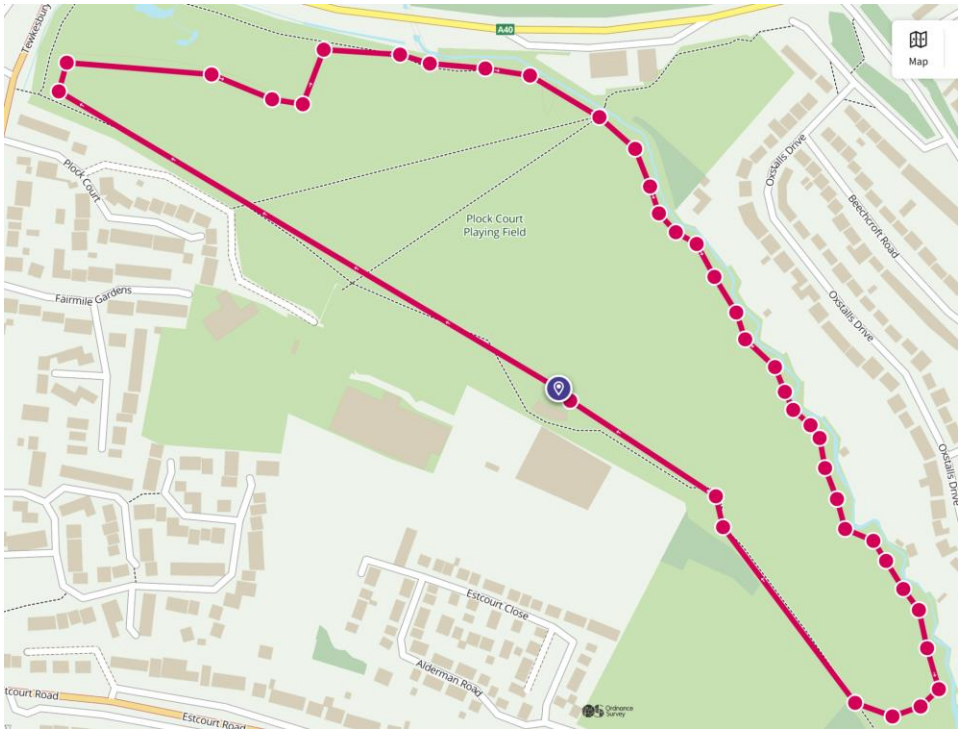
Refreshments to be confirmed. At the moment the new site operators have managed to re-open all the sports facilities but not the cafés. However, we are exploring all options and hope to be able to offer hot drinks and food via a mobile catering van. Please consider bringing your own refreshments (just in case).

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 Gloucester Events Medic'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 (provided we do not block the access road).

Course details. The course is approx 6.21 miles 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 2.3 km). Start opposite the cricket pavilion, head in a straight line to the bottom of the playing fields, at the bottom runners will be guided around a 180 deg turn using minetape and posts. Course then follows the perimeter fence. Runners will be guided via a mix of marshalls and minetape/posts



Laps 2 and 3 (2.4km each). 2 x full laps following the perimeter fence.

