# BLACK PEAR JOGGERS

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**BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE DIVISION 2**

**AND**

**MIDLANDS LEAGUE CROSS COUNTRY LEAGUE DIVISION 2**

**RACE FOUR - 10TH FEBRUARY 2024 @ 1:30PM AND 2.30PM**

## LOCATION

University of Worcester
Lakeside Campus
Holt Heath
Worcester
WR6 6NH

### DIRECTIONS

Directions from M5 Junction 6 – leave the M5 junction 6, at the roundabout take the A449 dual carriageway towards Kidderminster.
At the next roundabout take the 3rd exit to Kidderminster, approximately 2 miles take the slip road to Ombersley A4133. At the roundabout take 1st exit to Tenbury, continue over the river and up steep hill at the mini roundabout take the 1st exit left, 100yds then left again onto A443 Worcester, continue for approximately 2 miles (do not take the left exit for Grimley) keep on A443, the raceway entrance can be found on the right just after Ball Mill Top Business Park.

Direction from Worcester – go over the river bridge in the centre of Worcester in the right hand lane, once over the bridge move to the right lane, at the lights signposted A443 move to the left hand lane, at McDonalds turn left onto A443, continue along the road out of Worcester for approximately 3 miles through the village of Hallow and down a slight hill with a crossroads, (do not turn right for Grimley) keep on the A443 and the raceway entrance is on the left just before Ball Mill Top Business Park. Following signs for Top Barn Farm. Follow the road for a short distance, until you see signs for Lakeside.

## PARKING

There is limited parking available at the venue, **we strongly urge you to car share and arrive early at the venue**. There will be a car parking charge of £5 per car and this is payable by card only.

Although car parking payments can be made on the day, please can we ask that you pay for parking in advance via the following link. This will help to ensure no delays are experienced when accessing the grounds: -

https://webengine-01.worc.ac.uk/lakeside/PrivateProduct/rksw5coj

**REGISTRATION**

Registration will be held in the gazebo by the lake.

**TOILETS/CHANGING**

There are toilets and limited changing facilities near the Lakeside cafe and there will also be portable toilets outside.

**Please remove muddy footwear before entering the Cafe**

**REFRESHMENTS**

There will be hot drinks, cold drinks, fresh paninis, cakes, crisps and chocolate bars available to purchase at the Lakeside cafe. Payment will be via card only.

**FIRST AID**

There is a qualified first aider available during the event.

**BAGGAGE**

There are no baggage storage areas. Clubs are welcome to set up gazebos

**COURSE MAP**

The race will start and finish near the lake. The women will run approximately 6K which includes 2 laps and 1 lap around the lake. The men will run approximately 10K, which will consist of 4 laps. Following the wet weather within Worcestershire, the course is likely to be very muddy, so we encourage runners to wear spikes.

Each lap is approximately 2.5Km




Please take a look at the route.  There will be marshals along the course to direct and encourage you, if needed, along with high-vis arrows and red / white tape to mark out the course (and block off any wrong turns!).