Birmingham & Districts Men's XC League - Cofton Park, Birmingham

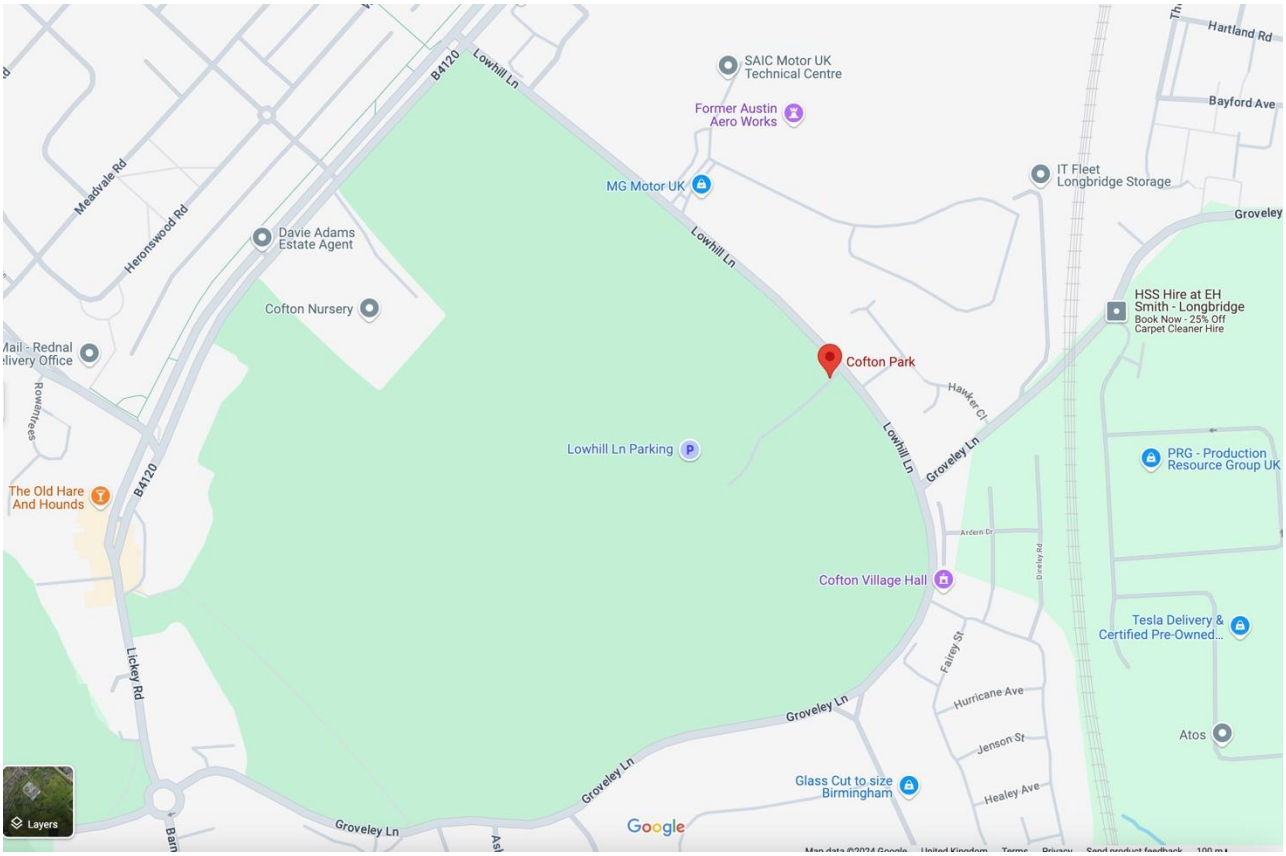
Venue, Travel Directions & Parking

Venue – Cofton Park, Lickey Rd, Northfield, Rednal, Birmingham B45 8UN

Start Time : 14:30

what3words - ///equal.fights.modes

Car Parking – The Oak Tree Pub , Rednal, Cofton Hackett, Birmingham B45 8UX – Top Carpark Also Lowhill Lane Parking (limited parking spaces). Parking on side roads around park.



Parking **PLEASE CAR SHARE WHERE POSSIBLE**

Please adhere to marshals' instructions – please leave yourself plenty of time to get parked up.

When parking on the surrounding side streets, please be considerate of local residents.

Race day details

There are no changing rooms or shower facilities available

Club gazebos/tents – can be set up at the football field off Wood Lane, please consider space as we are restricted in this area.

Toilets – portaloos will be set up near the start/finish area.

Medical cover – provided by GJP Health

Running Stall – Provided by Derby Runner

Refreshments – My Coffee Station

Charity Raffle – Chance to win Mizuno & Puma Carbon Plated Shoes courtesy of Birchfield Harriers . Including a £50 voucher from Derby Runner . Tickets are £2 each and proceeds go towards Guide Dogs & Action for Children . Results will be announced at the end of the race. Ticket can be purchased at the South Birmingham Striders Club Tent.

Course details

The Gents event will consist of 1 small loop of strava map 1 (page 4), followed by 4 large loops of strava map 2 (page 3)
Loop 1 about 1 mile – Loop 2 about 2 1/2 miles

On walking the course, the course can be wet and heavy going. The course is all on grass. Spikes will be ideal on this course.

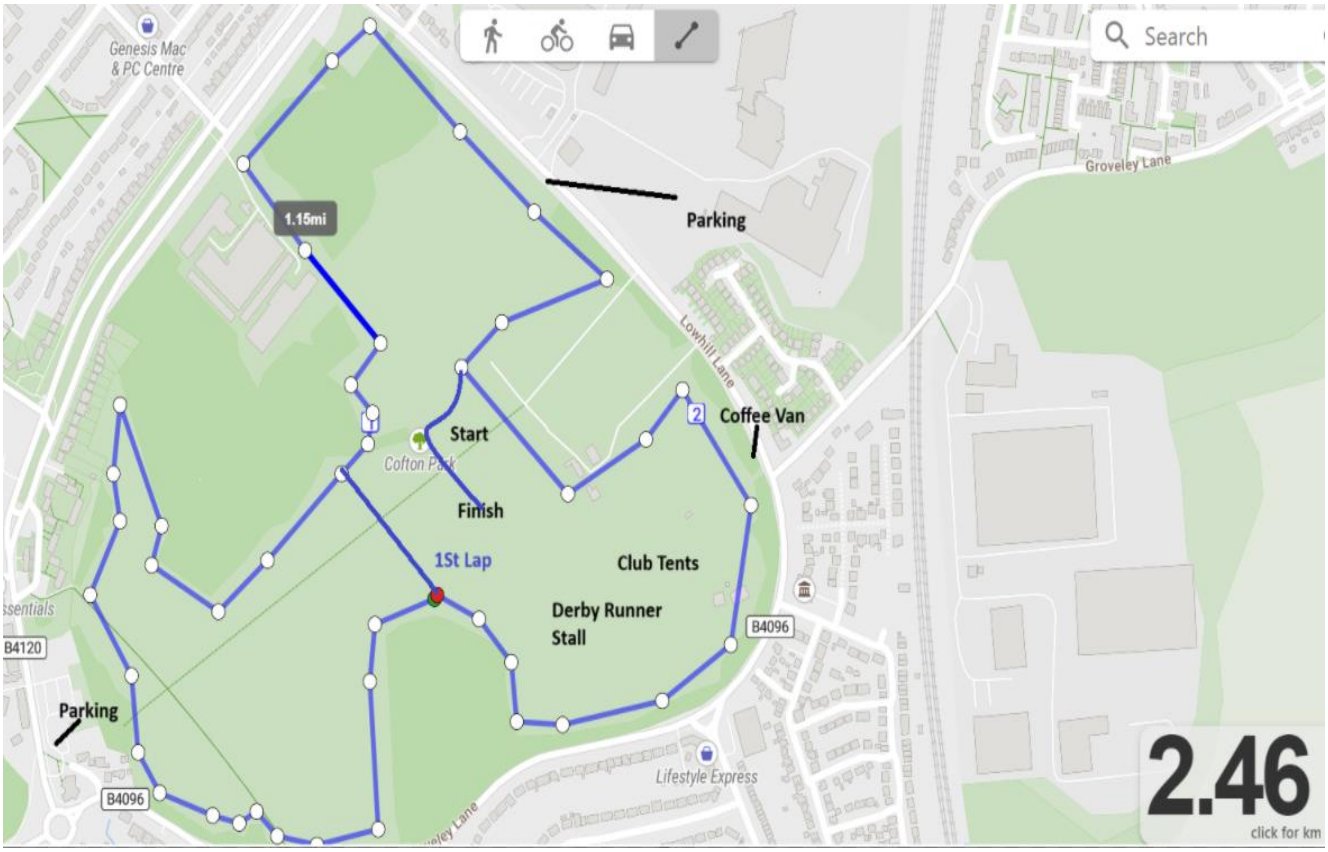
The start and finish areas will be in the area marked out on page 4 which will also be the section for the small loop. This area will be subject to change on the day but will be marked out in preparation.

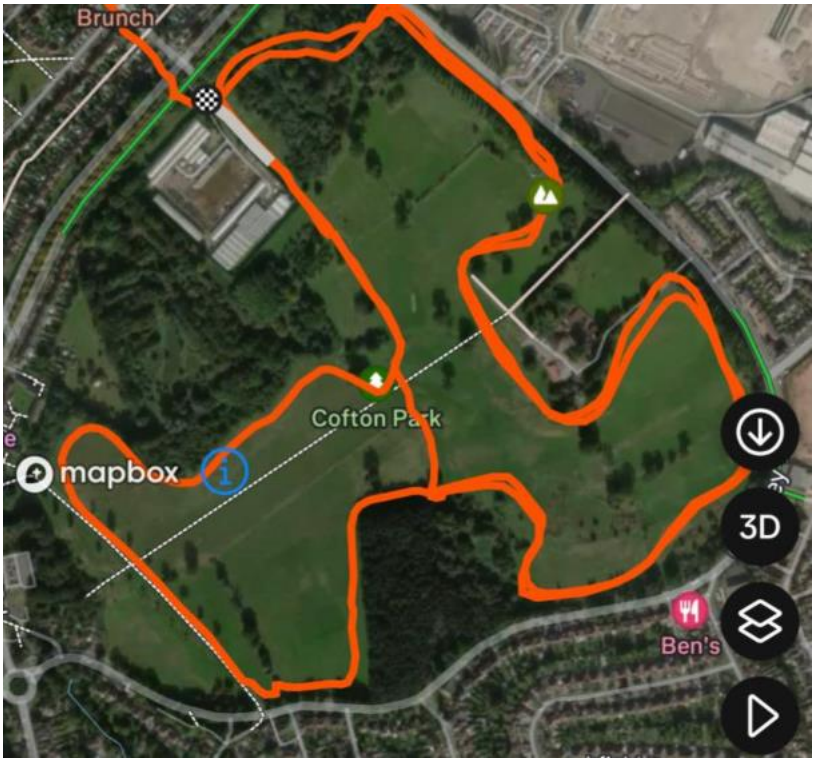
Key:- for anyone that wants to look into the area beforehand. I have used the following for reference.

Google Maps – Cofton Park

What3Words – equal.fights.modes

1 Short Lap 1.5 Miles 2 Large Laps are 4.8 Miles





PLEASE NOTE: That while warming up and cooling down is considered good practice, please can you ensure that you take care when on course that you aren't impeding both the gents racing out on the course.

Contact: Kevin Oakes 07507867488