Birmingham & District Invitation Cross Country League

Saturday 11th January 2025, hosted by Telford AC

Venue

Attingham Park
Atcham
Shrewsbury
Shropshire
SY4 4TP

Directions

Attingham Park is located on the B4380 between Telford and Shrewsbury.

For a map, follow this link to the Attingham Park National Trust website:-

https://www.nationaltrust.org.uk/visit/shropshire-staffordshire/attingham-park#getting-there-map

If travelling to the park using Satellite Navigation please use the postcode SY4 4TP and follow signs on approach.

Parking

Please park on the main car park, which has plenty of spaces (but please car share where possible), and is clearly sign-posted from the entrance to the park and is accessed after travelling for about a quarter of a mile along a single lane road on the Attingham estate.

Parking is free for runners, officials and spectators, for arrival at the car park between 12:00 and 2:15. When walking through the reception point at the end of the car park, please mention to the Park staff that you are attending the cross country event. If any runners wish to come earlier than 12:00 to look around the public access parts of Attingham Park they will have to pay the normal National Trust admission fee.

Please park in the main car park and not along the edge of any of the driveways.

Please also note that the car park cannot accommodate coaches. If any teams are planning to travel by minibus or small coach please could you let us know in advance.

It is a 5 minute walk of around a quarter of a mile from the car park to the course.

Club Tents

Club tents can be dropped off by the club tent area on the side of the single lane road on the way in to the car park (see course map below), but cars must then proceed to the car park and you should then walk back to the course from the car park.

Race Start Time

14:30

Facilities

Attingham Park has a good café, toilets and a shop on site.

Dogs must be on leads in all outdoor areas of the site at all times, and owners must clean up after them. Assistance dogs are welcome inside the café, shop and bookshop.

Contact

Paul Ward, Telford AC
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Mobile number – 07904 251854

<u>The Course – Saturday 11th January 2025 hosted by Telford AC at Attingham Park</u>

Please note that there is a ditch between the mansion house and the race start/finish area. Please don't jump across the ditch, but follow the arrows to the start/finish area. Thank you.

The course is approximately 10 kilometres long consisting of 3 laps, in a clockwise direction. In the event of wet weather over the next couple of weeks, parts of the course may be quite muddy, so it will easily take 15mm spikes. Based on current conditions, I would suggest that 12mm spikes are perfect. Fell shoes will also be fine. It is all on grassland, and is generally quite flat with one gentle climb on each of the three laps. I hope you all enjoy it. A map of the course is shown below:-

Race start time – 2:30pm

3 laps in total. Approximate distance – 10k

