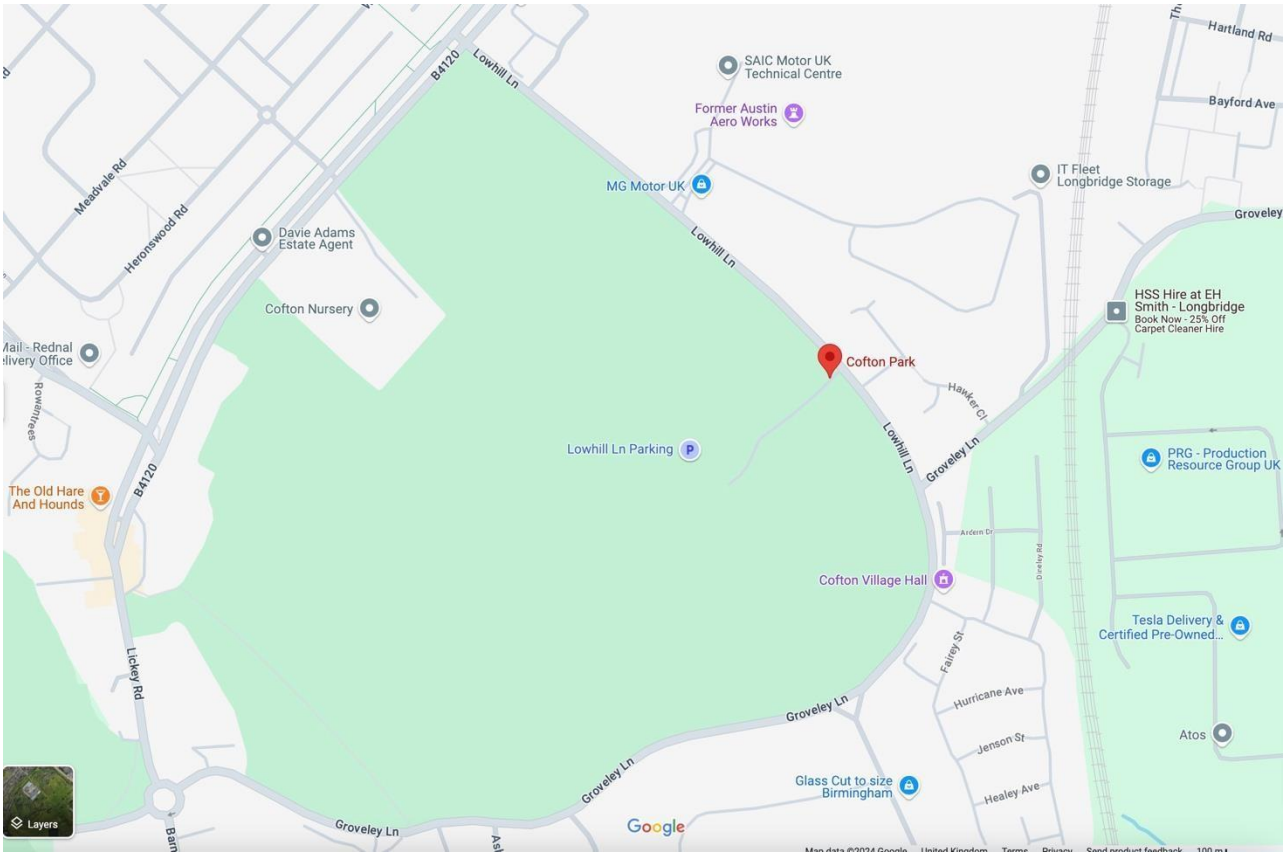
Birmingham & Districts Men's XC League - Cofton Park, Birmingham

Venue, Travel Directions & Parking

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

Womens Race Start Time 13:30
Mens Race Start Time 14:30

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 –

Running Stall – Up & Running

Refreshments – My Coffee Station

Race HQ - White House, Lowhill Ln, Rednal, Birmingham B45 8UN

Charity Raffle – Raffle to win a pair of Puma MagMax running shoes. Donations go towards starting the Cofton Park – Park Run which we plan to launch in March

Course details

The Ladies event will consist of 1 large lap around the park and 1 small lap around the lower part of the finish . The finish line will be in front of the play area.

The Gents event will consist of 1 small loop of strava map 1 (page 4), followed by 2 large loops of strava map 2 (page 3)
Total distance 10K

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

Red Line 1st Lap , Blue Line 2nd Lap to Finish



Men's Race highlighted in the map below . The blue line will be the first followed by 2 large laps highlighted in yellow



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