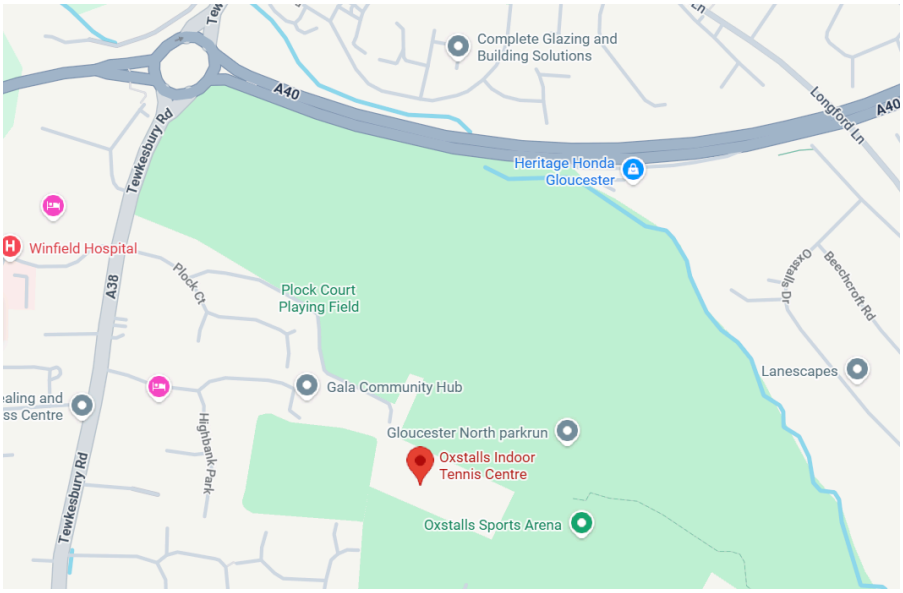
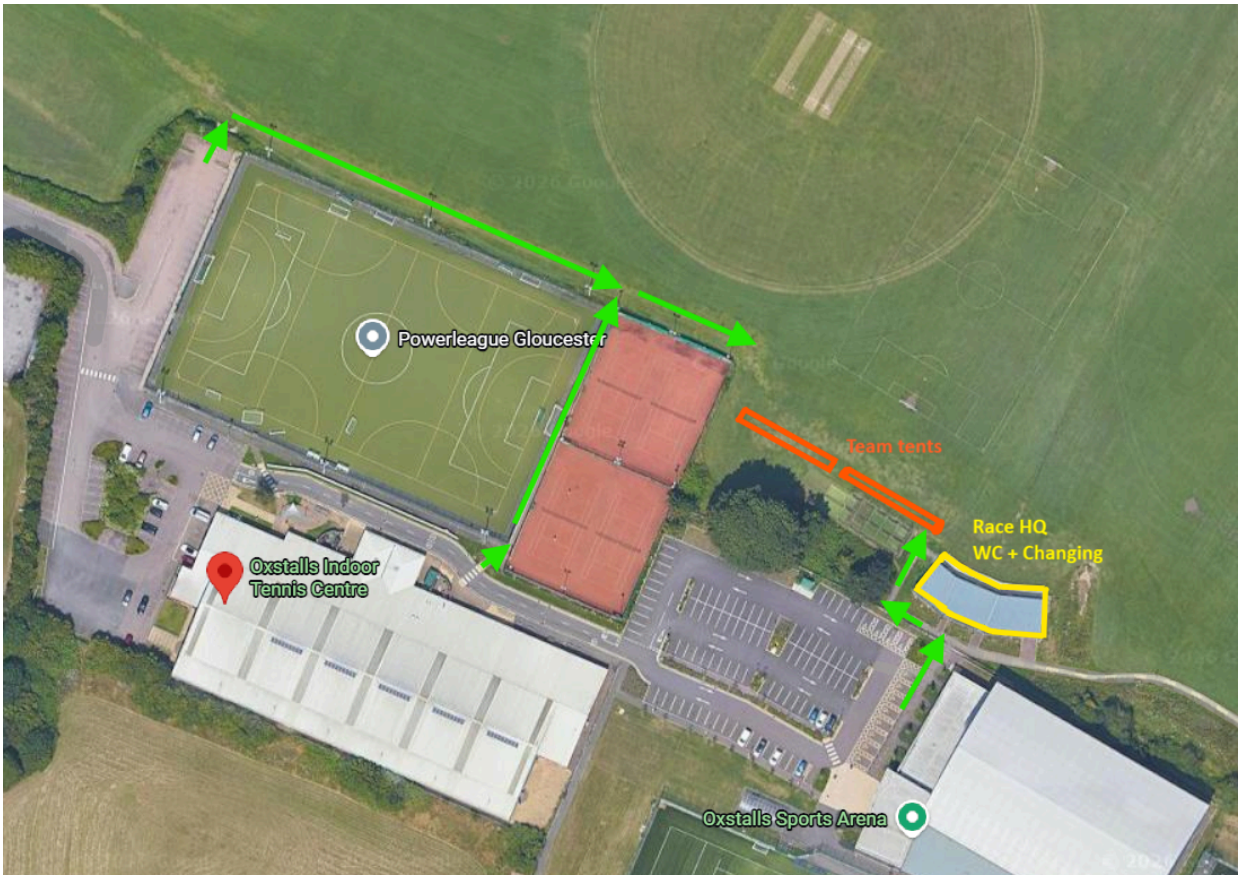
# BIRMINGHAM & DISTRICT CROSS COUNTRY 25/26
# LEAGUE RACE 3 - PLOCK COURT, GLOUCESTER, SAT 7th FEB

## Venue, Travel Directions & Parking

**Race venue** - Oxstalls Indoor Tennis Centre, Plock Court, Tewkesbury Rd, Gloucester GL2 9DW




### Tennis Centre to Race HQ at the pavilion



## Directions to the venue

From the South

1. Come off M5 at Jcn 11 and join the A40 (Gloucester). At Elmbridge Court roundabout stay on the A40 towards Ross and the Forest of Dean (A40).
2. At the next roundabout (100m after the Honda 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 Tennis Centre in front of you. Race HQ is at the pavilion (adjacent to the tennis courts, see map on first page).

From the North

1. Come off M5 at Jcn 11 and join the A40 (Gloucester). At Elmbridge Court roundabout stay on the A40 towards Ross and the Forest of Dean (A40).
2. At the next roundabout (100m after the Honda 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 Tennis Centre in front of you. Race HQ is at the pavilion (adjacent to the tennis courts).

## Parking

**Primary parking** – There is free parking available at the Tennis Centre and at the Sports Arena (both are on the same complex). However, availability is likely to be limited and will depend on other users of the sports fields / facilities at the time of the race. There are a number of alternate options (see below), which are strongly recommended.

The manager of the Plock Court site has informed us that the rest of the site will have its normal levels of Saturday activity including tennis programme, Gloucester Hockey matches, Football matches on the Football 3G and County Netball in the Arena Hall.

We advise teams to drop off tents before finding alternative parking. The entrance to the primary parking is via the access road referred to above. All local clubs are strongly urged to car share and use alternative car parks.

**NOTE:** If the primary car park option is full **please do not park** on the access road to the Tennis Centre.

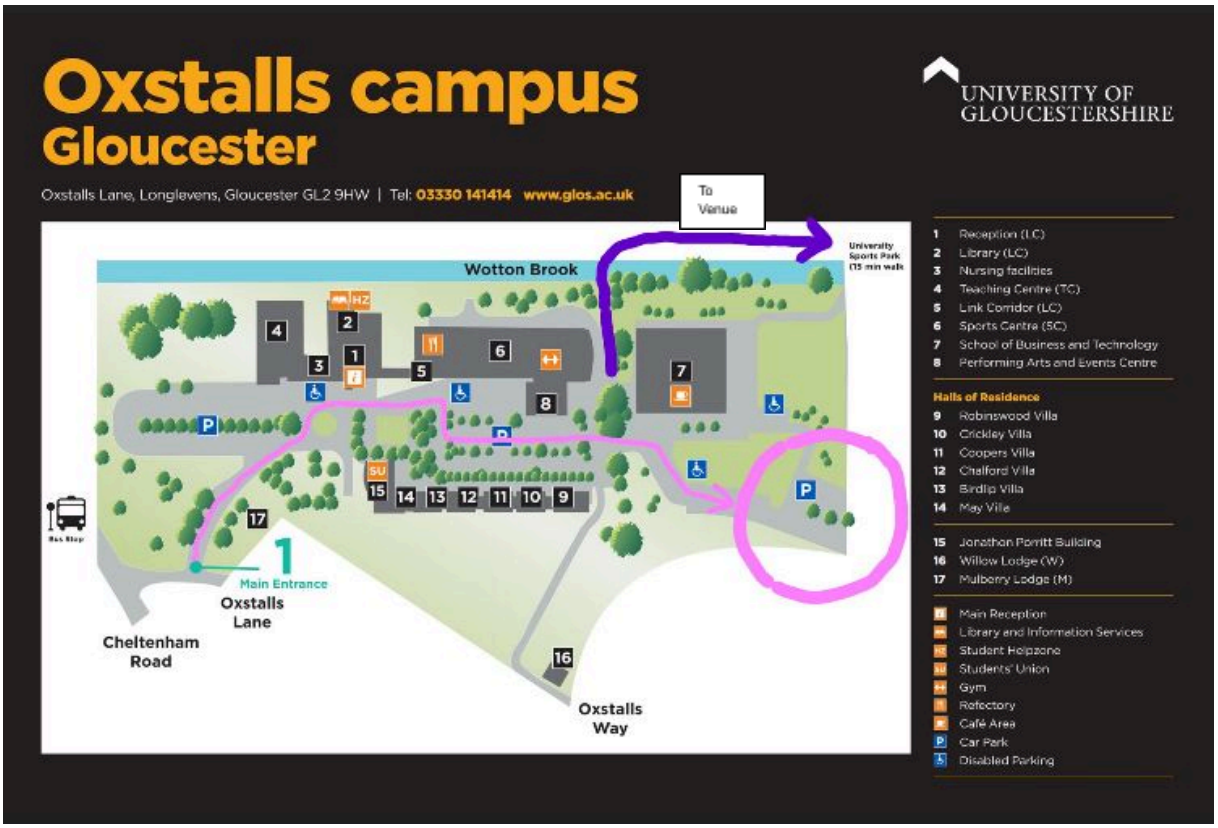
**Alternate Parking Option 1 (preferred)** – Runners are requested to use the University of Gloucestershire car park (**Sat Nav: GL2 9HW**). On entering the site from Oxstalls Lane continue past the main building on the left hand side. The car park is next to building 7 (Business School). **Parking is £3.00**.

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 minute walk to Race HQ. The team at Plock Court have kindly supplied a video visual guide of the walk between the University of Gloucestershire car park and Plock Court available here: https://photos.app.goo.gl/JuQzB3desmcTCRQZ6

Parking is at the risk of those using it and the University will not be held responsible for damage to or theft/loss from vehicles. **Please adhere to the speed signs and note that the site is in use by the University's staff and students on the weekend.** We would also ask all Gloucestershire club runners to use the university car park by default and leave any spaces at the venue for those who have further to travel.

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. The car park is past building 7.



**Alternate Parking Option 2** – In the unlikely event of both the tennis centre and parking at the University of Gloucestershire being full there is usually plenty of street parking on the service roads either side of Escourt Rd (10mins walk from Race HQ, see map below).



**Race day details**

**Race HQ and registration** will be at the pavilion. Use of the **central room** at the pavilion is for race officials only.

**Toilets**: There are a total of 5 toilets in the pavilion. Please remove muddy footwear before entering the pavilion.

**Changing and showers**: There are changing rooms on either side of the central room at the pavilion. Please do not leave any valuables in the changing rooms and do not enter the pavilion in muddy shoes. Unfortunately, we do not have access to any additional changing facilities at the tennis centre.

**Refreshments** are available in the tennis centre and Oxstalls sports area. Officials will be able to get refreshments from the pavilion.

**Team tents** can be pitched near the pavilion. **PLEASE NOTE:** As far as reasonably possible, please keep tents to the edge of the field in front of the cricket nets. This is to ensure a sufficient gap between team tents and the adjacent football pitch, which forms part of the course.

**Medical cover** will be provided at the event by Gloucester Event Medics. In the event that further support is required Gloucester Royal Hospital A&E is 1.3 miles away. The centre is easily accessible by the emergency services.

## Course details

The course is approx 6.2 miles around maintained playing fields. It's flat and fast, all on grass and suitable for spikes (recommended). This race will comprise 4 laps all run in a clockwise direction and will be marked using a mix of posts 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 with course markers/ stakes to your right. There are plenty of opportunities for overtaking.

**Laps 1, 2 and 3 (approx 2.4 km per lap)**. Start near the pavilion, head in a straight line towards the hairpin turn, at the bottom runners will be guided around the first turn using minetape and posts. The course then follows the perimeter fence. Runners will be guided via a mix of marshalls and minetape/posts.



**Lap 4 (2.8km)**. 1 x full lap plus an additional 400m sprint to the finish. Near the astroturf and outdoor courts a marshall will direct you right to the finish line and funnel.

