Instructions for competing clubs

Birmingham & District Division 2, Race 1

Burton Dassett Hills Country Park
Saturday 14th November 2026

Hosted by Spa Striders Running Club

** Men's Race start time: 1:30 p.m. **

Spa Striders Running Club warmly welcome you to the Burton Dassett Hills Country Park for race 1 of the league. Warwickshire is not renowned for its hills but we have managed to find most of them! We are pleased to host you on this challenging course in picturesque surroundings.

PARKING

Like most league races parking at the venue is limited. If we get a lot of rain in the days leading up to the race we will **not** be able to park on the grass verges.

Please, please, please car share wherever possible. I will be instructing our car park marshals to direct vehicles with just a driver to the surrounding villages to park which will leave you with a walk to get to the start.

- Please listen to the instructions of our car park marshals. Unfortunately several people ignored instructions which caused chaos the last time we hosted. Vehicle details will be taken for those that do no obey the rules or who are rude to our marshals.
- **Parking is free**… please ignore the pay as you go signs.
- **Parking facilities ARE NOT suitable for coaches**. If you are planning to travel by coach please find suitable parking within Northend or around the nearby village of Avon Dassett and walk to the start (c. 10 mins walk).
- **Please obey the one-way system that we will be operating for runners' vehicles on the day. Entry to the site will strictly be via the B4100 (see map below for further details)**
- Note that those not in the race may attempt to contravene the one way system – do not blindly follow the car in front.
- If required, tents and gazebos can be quickly dropped off at the designated area (see course map below for further details).
- Avoid leaving excessive gaps between vehicles.
- If instructed to park on a grass verge, please ensure you leave sufficient space for vehicles to get past (possibly in both directions).
- **DO NOT** park in the passing bays or sections of the road used to help facilitate the flow of traffic.
- If the on-site parking is full, you will be directed to Northend or Avon Dassett (see walking routes to Burton Dassett below).

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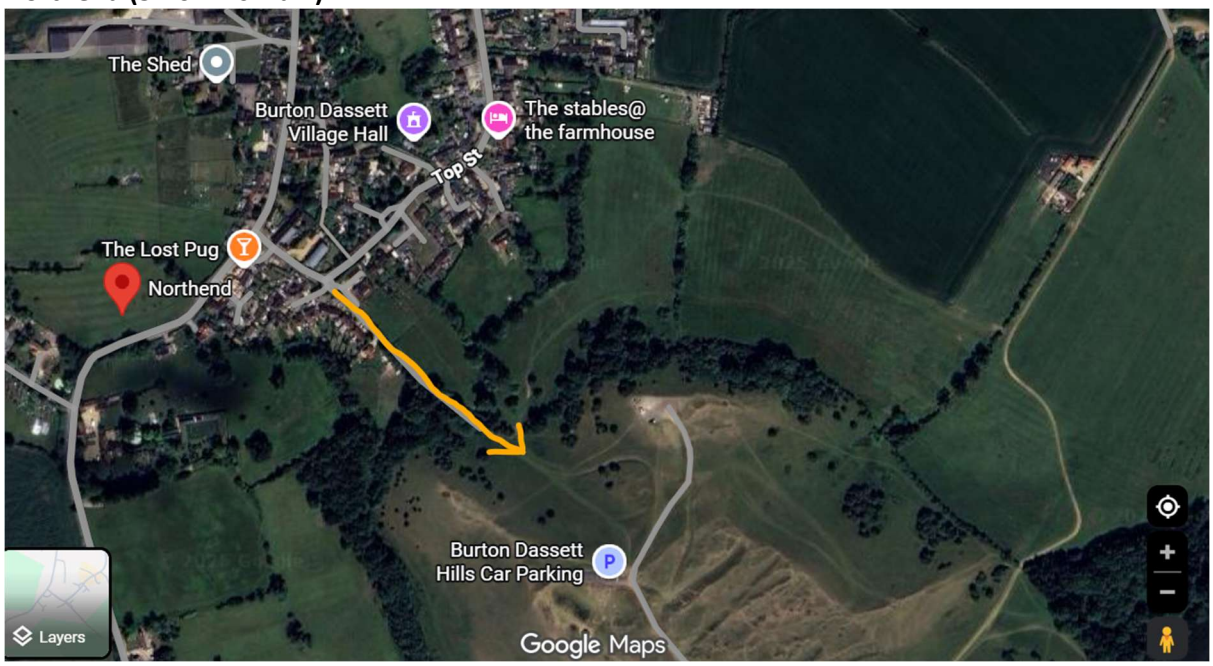
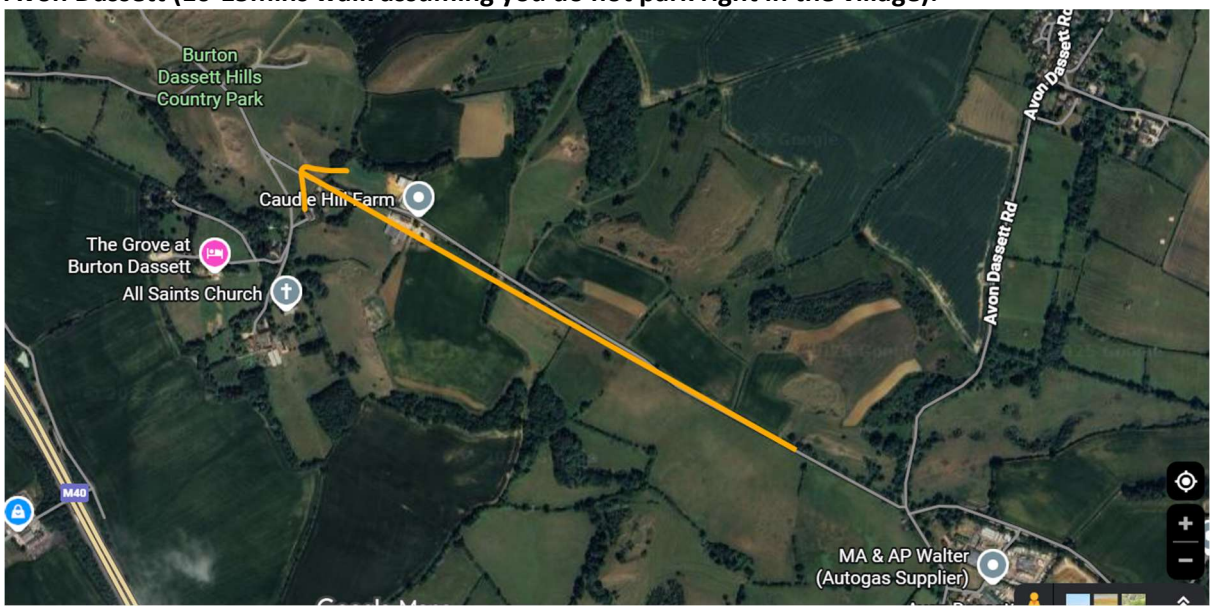
Northend (5-10mins walk):



Avon Dassett (10-15mins walk assuming you do not park right in the village):



We can also offer car parking for disabled attendees (disabled toilets are also available). Please email Rich Sykes at: richsykes@hotmail.com if you would like to take up either of these options.

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COURSE DESCRIPTION

It is hilly! The course is on grass (there is one small tarmac road to cross which will be adequately cushioned) so is suitable for cross country spikes. Men will race 1 short + 3 long laps (~6.0 miles).

The course is unchanged from 2023 and 2024. The route includes a narrow 10m uphill section where overtaking will be difficult. This part of the course will be obvious so you should be able to place yourselves in an appropriate position coming up to the ascent.

For newcomers, the course is undulating, with one particularly testing climb. There are a few tight turns, some underlying rocks, stretches with longer grass, the odd divot and some adverse cambers.

The course has some out and back sections.

You are recommended to view the course prior to racing to assess for risks – **but please do not go onto the actual course when races are in progress – it is disrespectful to all runners**.



CLOTHING

Burton Dassett Hills are exposed and can get quite windy. As a result can be a lot colder than the surrounding area. **It is highly recommended that you and your supporters bring appropriate warm clothing; particularly for post-race.**

FACILITIES

Race registration will be the large gazebo which we are aiming to put next to small quarry car park indicated by the green arrow on the route map above.

Burton Dassett Hills Country Park has on-site toilets, we will supplement these with additional portaloos. **DO NOT** use any other area of the park as a toilet.

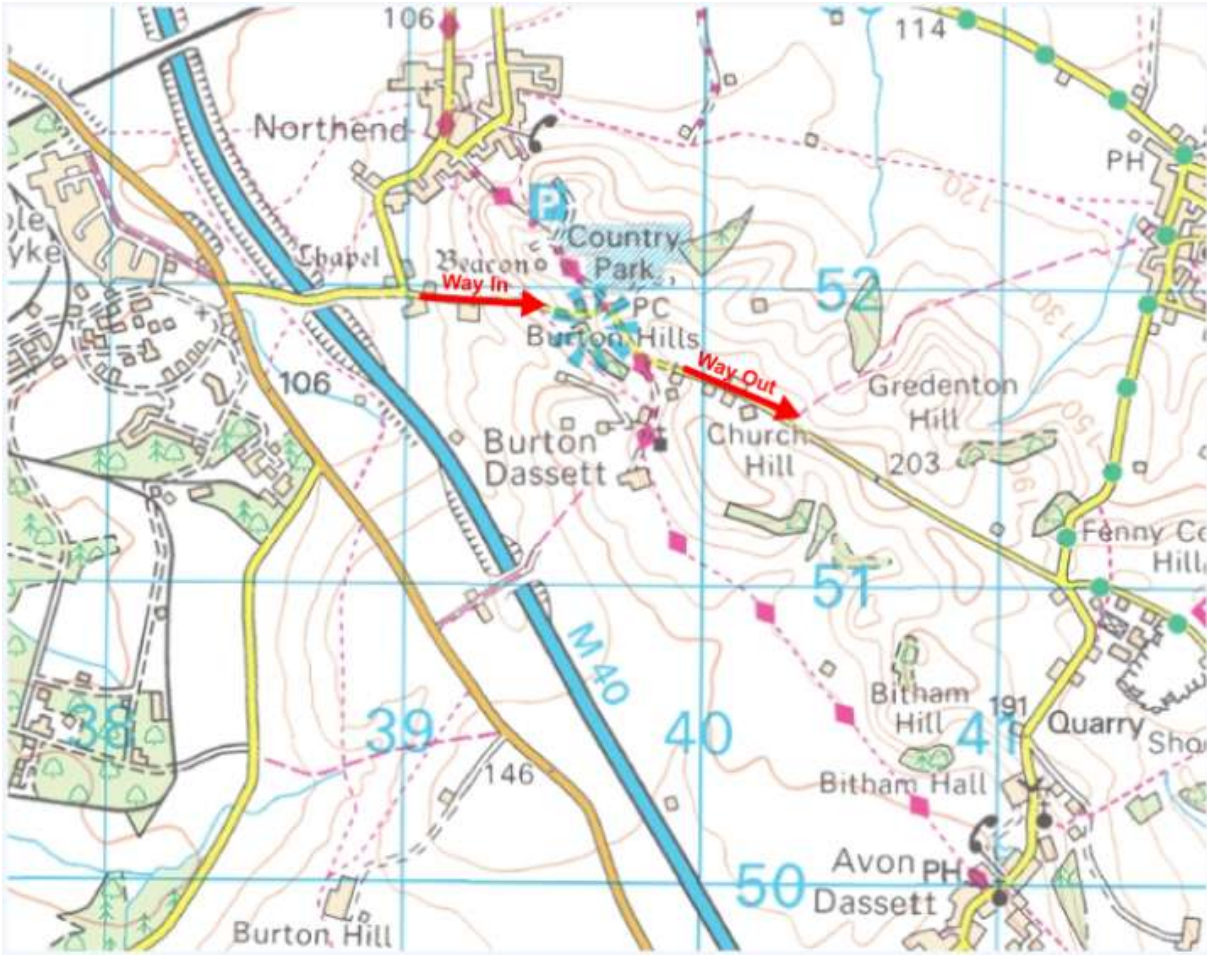
There are no showers or indoor changing available on the day.

DIRECTIONS:

If using SAT NAV, please enter CV47 2AB as your postcode. Entry to the site will strictly be via the B4100. Please do not enter via the village of Avon Dassett.

From the M40:

If coming via the M40, exit at Junction 12 and turn left onto the B4451 towards Gaydon.
Turn left onto the B4100 until the roundabout.
Take the first exit and travel for c. 1-2 miles.
Turn left at the roundabout at Kineton MoD. There are brown signs signposting towards the Country Park.



CONTACT:

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