

DERBY RUNNER CROSS COUNTRY LEAGUE

Race 3

SUNDAY 12TH JANUARY 2020

Martinshaw Woods, Groby

Organised by West End Runners

(permit number TBC)

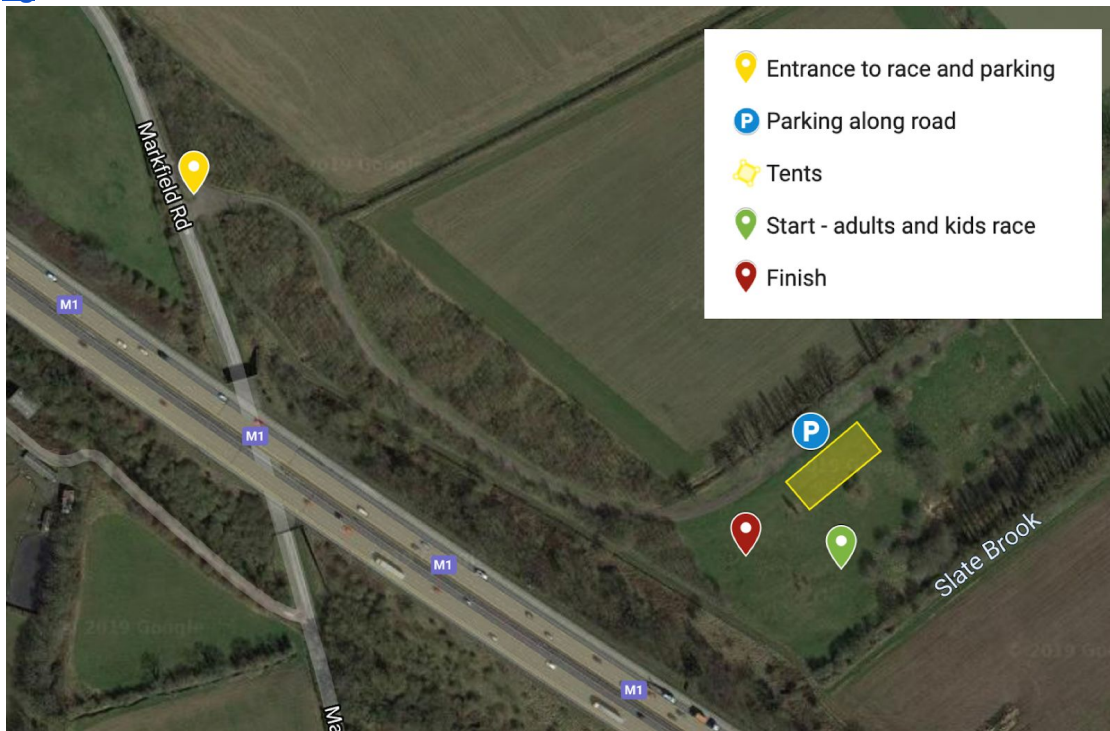
Car parking at Groby Lodge Farm (farm track entrance)

Approaching from Ratby: On Markfield Road turn immediate right after going under the motorway bridge.

Approaching from Markfield: On Ratby Lane turn left immediately before the motorway bridge.

Google map:

<https://drive.google.com/open?id=1n83MfsJopIXRUC89rTWYtJI1odfBC79m&usp=sharing>



CAR SHARING IS ESSENTIAL
CAR PARKING SPACE IS VERY LIMITED 3 OR MORE
PEOPLE PER CAR PLEASE.

Bring your club tents

Strictly no dogs on the Groby Lodge Grounds

Start times

Junior race: 10.20am

Men's race: 10.55am

Lady's race: 11.05am

Entry

Adults £6

Children £2

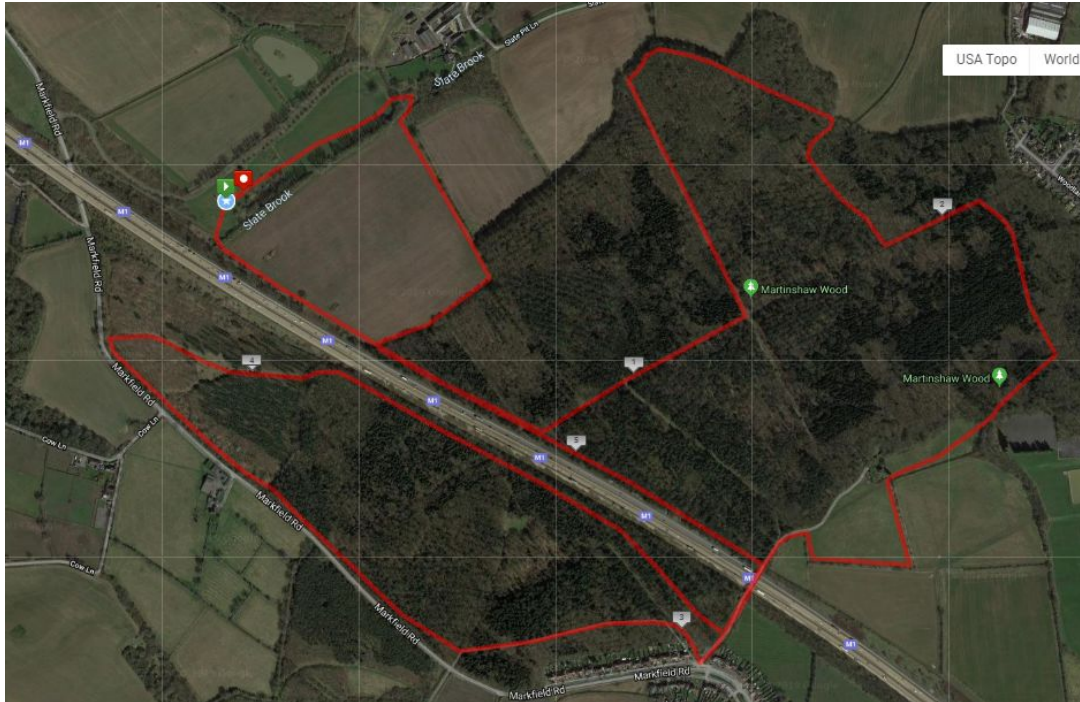
Junior races:

Primary age: 1 lap grassy/muddy paths. Approx. 1 mile

Secondary age: 2 laps grassy/muddy paths. Approx. 2 miles.



Senior race: Approx. 5.75 miles (one lap)



There are two sections of concrete path, some packed graveled paths otherwise grassy, muddy, woodland paths including lots of TREE ROOTS, TREE STUMPS AND LOW LEVEL BRANCHES AND TWO POTENTIAL SLIPPY BRIDGES. Studs (not spikes) advised.

Please note the following:

- The route will be marshaled, taped and signed. Please keep to route on the paths at all times.
- This is a public woodland and please be courteous to the general public.
- Please take all litter home with you.

Post race venue

The Plough Inn, Burroughs Road, Ratby, LE6 0XZ

For further details please contact:

Elaine O'Connor, West End Runners

Mobile: 07834777412, email xc@westendrunners.co.uk

*entry fee includes donations to the landowners for kind use of their land