

Northbrook Athletic Club/Massey Ferguson Runners Club - Coventry

Saturday 10th November 2018 at 1.30 pm & 2.30pm - Coundon Hall Park, Coventry

Midlands Women's Cross Country League Divisions One & Two, Fixture 1

Birmingham & District Invitation Cross Country League - Division Three, Fixture 1

Introduction

On Saturday 10th November 2018 Northbrook Athletic Club, Massey Ferguson Runners Club and Sphinx Athletic Club are jointly hosting the first fixtures for Divisions One and Two of the Midlands Women's Cross Country League and Division Three of the Birmingham and District Invitation Cross Country League. The event is to take place in Coundon Hall Park, Coventry. The park is a Public Space under the control of Coventry City Council (permission for use agreed).

The Event will be held under the current, MWCC League and the B&DICC League Rules and relevant UK Athletics "Rules for Competition".

Management

The **site** is managed by Coventry City Council.

Control of the **fixed facilities, course and race** will be managed by the Promoters, in conjunction with the Referees provided by the B&DCC League.

Race HQ

Race HQ, for Registration, Refreshments and Results, will be adjacent to the Changing Rooms next to the main Car Park off Tamworth Road.

Changing Facilities

Changing, showers and toilets will be available, in the park, adjacent to Main Car Park, off the Tamworth Road.

Location

We have used Coundon Hall Park, many times over the years so many of you will know how to find your way there. For those new to the area, a map and directions are also associated to assist (Sat Nav users try **CV6 2EJ**). The details will also be on our websites (www.northbrookac.org.uk; www.masseyrunners.org.uk and www.sphinx.org.uk) and that of the B&DCC League (www.birminghamccleague.co.uk). So Clubs and their Members will be able to download their own copies if required.

Parking

Please share vehicles as much as possible to reduce demand for parking spaces.

The park is open to the public and is used extensively. We have not been able to obtain use of the School, as previously, so the whole event will be in the park. Because of this, and because women's and men's leagues are involved, parking will be at a premium. **Main Car Parking, and that for Officials**, is next to **Changing/Showers**, which is located off the Tamworth Road (opposite Sandpits Lane). There is another **Car Park in Waste Lane**. If using either of these, please be considerate and avoid blocking-in other park users. Club Coaches should use the Main Car Park. Please share vehicles as much as possible to reduce demand for parking spaces. Subject to ground conditions we may be able to use part of a field for parking but this is not guaranteed.

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The Course (see associated Plan)

The course is a Municipal Park in the City of Coventry. The majority of the park is grassland. However there has been a lot of tree planting and drainage work done over the past couple of years , so some areas have changed dramatically. The grass is regularly cut during the summer and the surface, in general, is fairly even. There is a general overall gradient, falling from the North corner (point E) to the South corner (point U₂), with a noticeable dip between points C and D. The proposed course for the race follows the perimeter, in the main, and is designed not to incur on the marked pitches. The small and large spinneys, in the park, have been included as part of the course subject to race-day conditions.

Refreshments

Hot and cold drinks will be available at the **Race HQ** as will the usual fayre of rolls, cakes, etc.

We wish you all an enjoyable day. Please do not hesitate to contact us should you require further information.

Yours sincerely,

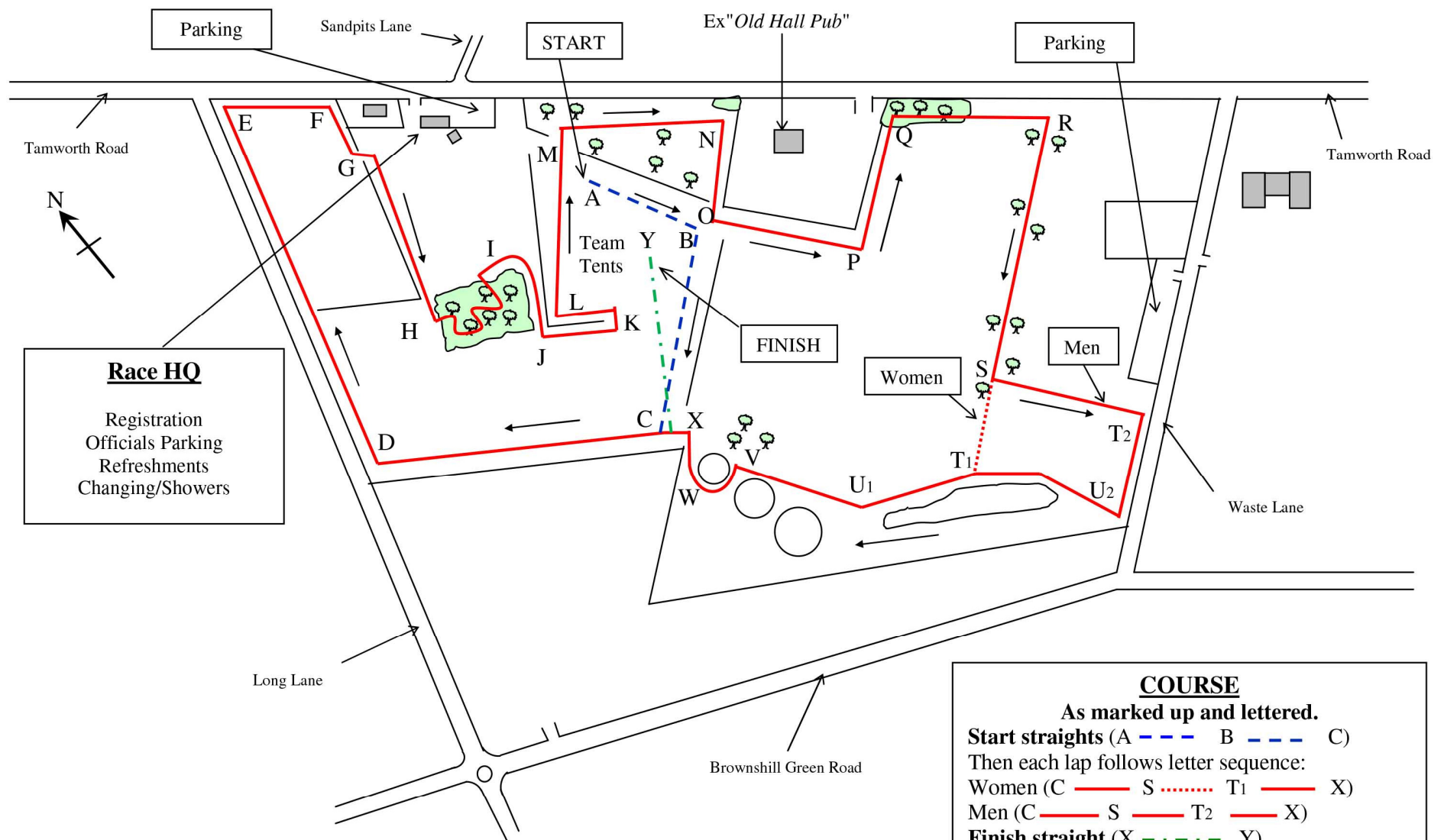
Tony French (for Northbrook). email: frenchat2002@yahoo.co.uk Tel: 07984 149781

Denise Elkington (for Massey's) email: Denise1elkington@btinternet.com Tel: 07889 854374

Paul Bergin (for Sphinx) email: paulbergin@btinternet.com Tel: 07516 906855

Fixture: MWCC League - Divs 1&2 and B&DICC League - Div 3 First Fixtures
Promoting Club: Northbrook AC, Massey Ferguson RC & Sphinx AC.

Date: Saturday 10th November 2018
Venue: Coundon Hall Park, Coventry.

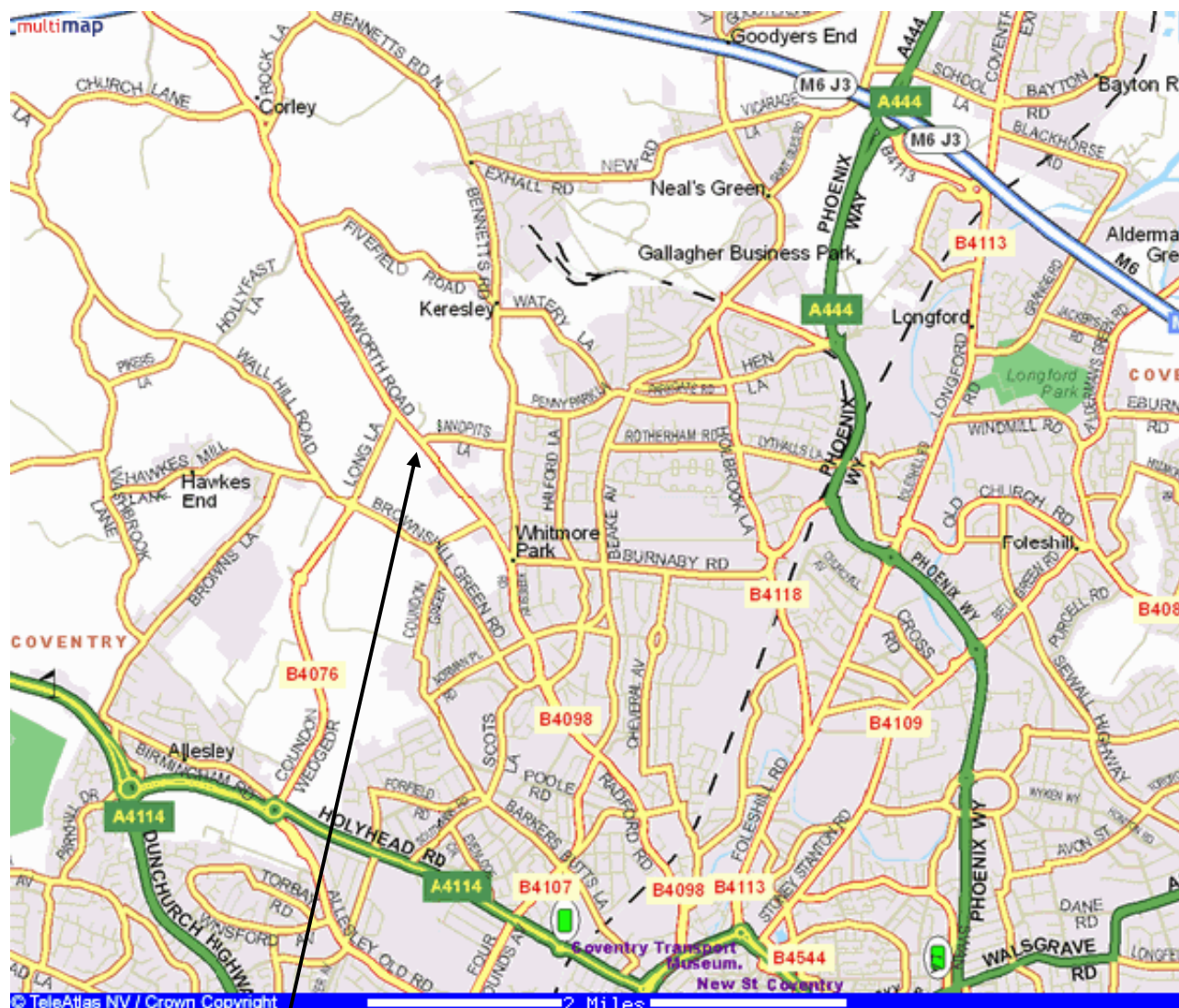


Race HQ
 Registration
 Officials Parking
 Refreshments
 Changing/Showers

COURSE
 As marked up and lettered.
 Start straights (A - - - B - - - C)
 Then each lap follows letter sequence:
 Women (C — S T1 — X)
 Men (C — S — T2 — X)
 Finish straight (X - . - . - Y)
 Women's Race is two laps (approx 6.4 kms)
 Men's Race is three laps (approx 6.5 miles)

Proposed Plan of Course

Location Plan for MWCCL D1&2 and B&DCCL D3 Fixture 1 Saturday 10th November 2018



Coundon Hall Park

Directions

1. **From M6 (Junction 3)** - Take A444 towards Coventry until second roundabout (approx 1 ½ miles). Take second exit onto Holbrook Way. At next roundabout take first exit - stay in outside lane. At next junction turn right onto Burnaby Road. Over two sets of lights and at next roundabout take second exit onto Tamworth Road. Travel approx ½ mile and turn left into car park.
2. **From A45** - Leave A45 at Allesley and take A4114 towards Coventry. At roundabout take second exit onto Coundon Wedge Drive. Over two roundabouts onto Long Lane (Garden Centre is on your right). At end of Long Lane turn right onto Tamworth Road, towards Coventry. Travel approx 200 metres and turn right into car park.
3. **From City Centre (Ring Road)** - Exit Ring Road at junction 9 (B4098 towards Keresley/Tamworth). Travel along B4098 for approx 2 miles. At third roundabout (Old Shepherd Pub to right) take first exit onto Tamworth Road. Travel approx ½ mile and turn left into car park.