

DERBY RUNNER CROSS COUNTRY LEAGUE

Race 3

SUNDAY 15TH JANUARY 2023
Martinshaw Woods, Groby

Organised by West End Runners
(permit number TBC)

Car parking at Farm Track entrance on Markfield Road

Please use Google Map link below which will take you straight there.

<https://www.google.com/maps/dir//52.6639257,-1.2664032/@52.6560145,-1.2732358,14z>

What 3 Words location: <https://w3w.co/crowns.rivals.frantic> (Crowns. Rivals. Frantic)

There is no postcode for this venue - all nearest postcodes will take you to the wrong place. Please use farm track entrance off Markfield Road via Markfield and Ratby only; there is no direct access for the event at the farm entrance on the A50.

If you are approaching from Ratby:

On Markfield Road turn right immediately after going under the motorway bridge.

If you are approaching from Markfield:

On Ratby Lane turn left immediately before going under the motorway bridge.

CAR SHARING IS ESSENTIAL

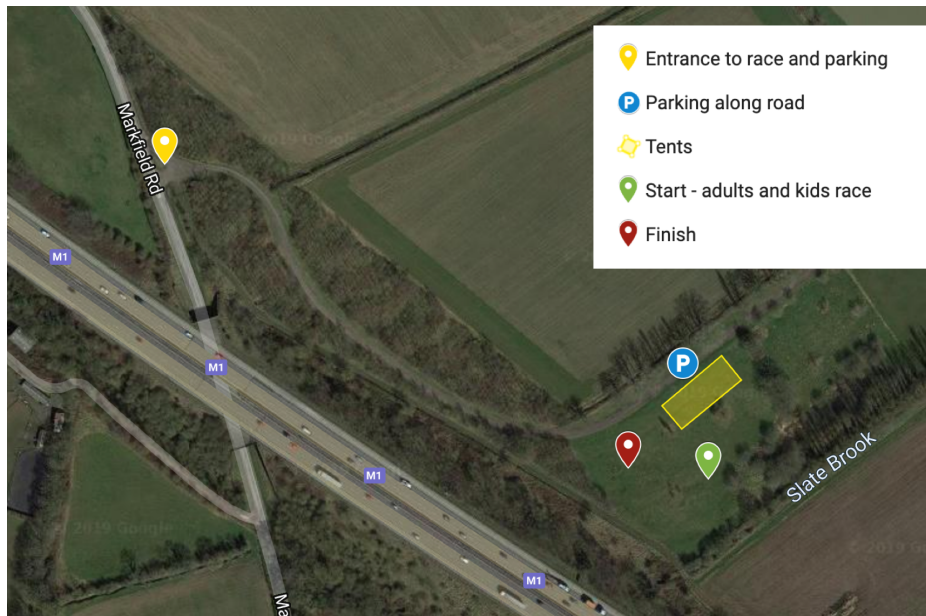
CAR PARKING SPACE IS VERY LIMITED
3 OR MORE PEOPLE PER CAR PLEASE.

There is plenty of space for club tents, which can be dropped off right next to the arena. Please note that it is strictly no dogs on the Groby Lodge Grounds where the race start and finish area is located.

Start

Entry

times



Junior race: 10.20am
Men's race: 10.55am
Ladies' race: 11.05am

Adults £6
Children £2

(Entry on the day - cash only)
(Entry on the day - cash only)

Entry price includes a donation to the Woodland Trust and the Groby Lodge Estate's charity of choice as a thank you for allowing the race to go ahead on their land.

Notes

The route on both Junior and Senior courses will be marshalled, and signposted with tape in the trees. Please keep to the route at all times.

Please take ALL litter home with you.

Please take care when parking and leaving as the grass can become very slippery. Take it slow to prevent your vehicle from getting stuck.

Junior races:

The Junior race will be run on a course identical to last year.

Primary age: (school years 3 – 6) one lap of grassy/muddy paths around the start/finish area. Approx 1 mile.

Secondary age: (school years 7 – 12) two laps of grassy/muddy paths around the start/finish area. Approx 2 miles.

Route is available to view online here: <https://www.mapmyrun.com/routes/view/4778515012>



Senior race:

**One single lap of Martinshaw Woods and surrounding fields.
Distance approx 5.7 miles. Minimum age 17.**

The route is very similar to that of 2022, with one minor alteration taking in a small loop around the edge of the fields just before you cross over the motorway bridge.

Split Start: Men's race: 10.55am, Ladies' race: 11:05am

After an initial start across the open grass field, the route goes uphill early on around the edge of the farmer's field before a left turn into the woods at a bit of a pinch point approx. 0.6 miles into the race. The route then follows a nice mix of single track and wider woodland paths around the woods with generally plenty of space for overtaking.

After a short section in the open fields south of Martinshaw Woods you will cross over the motorway bridge for the first time. Please keep left at all times on the bridge to avoid runners coming back in the opposite direction. The route skirts the edge of a small woodland car park before doing a loop round more woodland paths before coming back to the motorway bridge.

From there you turn left and head in pretty much a straight line back through the woods with a lovely, muddy downhill section along the edge of the farmer's field all the way back to the finish line.

Route is available to view online here: <https://www.mapmyrun.com/routes/view/4645479925>



The Senior's course runs through public woodland - please be courteous to other members of the general public in the area.

Hazards & Terrain

There are two sections of concrete path as you cross the motorway bridge, along with one short section of packed gravel path.

Otherwise predominantly grassy, muddy, and in some places wet woodland paths including lots of tree roots, tree stumps and low level branches.

One very slippery bridge which will be marshalled but strictly no overtaking on the bridge please.

Shoes with studs (not spikes) advised.

Post race venue

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

Thank You!

Please do join us in saying a big thank you to everyone out marshalling, helping with car parking, setting up the race etc. on the day. They have all given their time freely and we couldn't hold this event without you!

A big thank you also to the Woodland Trust and the Groby Lodge Estate for their generous support in allowing the event to go ahead.

For further details

Please contact:

Andrew Ward or Laura Davison, West End Runners

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