

**Birmingham & District Division 2 and
MCAA Women's Cross Country League
Race 3**

**Cofton Park, Birmingham
Saturday 13th January 2018**

Hosted by Kings Heath Running Club

Women's Race: 1:30 p.m.

Men's Race: 2:30 p.m.

Kings Heath RC warmly welcomes you to Cofton Park in South Birmingham for race three of the league. We are pleased to make this classic Cross Country course, in picturesque surroundings, part of this season's racing.

COURSE DESCRIPTION The course is entirely on grass (one step on a gravel path is possible) so eminently suitable for cross country spikes. Men will race 3 perimeter laps (6 miles), and women will complete 2 perimeter laps (4 miles). It is undulating, with a testing climb and two significant downhill sections. There are tight turns, some tree roots and stretches with longer grass. You are recommended to walk the course prior to racing to assess for risks – but please be aware of runners on the course participating in the race before or after yours, and take care not to impede racing when on recce, warming up or cooling down.

FACILITIES Race registration will be in the newly built pavilion (in the car park, up the driveway from Lowhill Lane). We will be using portaloos in the car park. There are no showers or indoor changing available on the day. There will be no food or drink available on the course, so bring snacks and a drink as necessary.

There is no parking in the Cofton Park car park (see over) – but club tents may be driven up the drive and dropped off if you wish. We can also offer car parking for disabled attendees (disabled toilets are available). Please email Mike Green at michaeljamesgreen@gmail.com if you would like to take up either of these options.

We will put any last minute updates on the News page of the Kings Heath RC website-
<https://www.kingsheathrunningclub.org.uk/news/>

CONTACT:

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Birmingham & District and MCAA Women's League race 3, Cofton Park:

DIRECTIONS AND PARKING

Cofton Park is situated in the South West of Birmingham in Longbridge opposite the MG Motor site in Lowhill Lane. The Park is bordered by Lowhill Lane, Groveley Lane and Lickey Road. The postcode for the venue is **B31 2BQ**. This takes you to The MG Centre: The main entrance to Cofton Park is a little further down Lowhill Lane, up a driveway on the right.

PARKING

There will be no parking in the small car park at Cofton Park. The main street parking available is Lowhill Lane. The pavement is wide and bordered by a wide tarmac strip. Please pull up and park on the strip, off the road. Avoid leaving excessive gaps between vehicles. Note there are some double yellow lines on Lowhill Lane to avoid.

Please park considerately and avoid obstructing residents or damaging verges if you need to move away from Lowhill Lane for parking.

PARKING ON LOWHILL LANE IS LIMITED – Please leave plenty of time to secure parking, and carshare as much as possible, or use public transport (rail directions below).

If Lowhill Lane fills there is other street parking locally. There is a multi-story carpark at Longbridge Retail park (B31 2TW) which is approximately 1.25 miles from the venue. The car park is free for up to 3 hours, and £3.50 for 3-4 hours.

To reach the car park from Lowhill Lane, head up the hill, and turn right at the T junction at the top of the park along the B4120. Carry straight on at the roundabout (A38), and then take the first right onto Longbridge Lane. Then turn right at the traffic lights into Longbridge retail park (large Sainsbury's on the corner).

DIRECTIONS

From M5

Leave the Motorway at Junction 4 and take the A38 Birmingham Road (later becomes Bristol Road) towards central Birmingham. After approximately three miles you will reach a roundabout. Take the 2nd exit (right) into Lickey Road. (The 1st exit (left) is a continuation of the A38). Continue along Lickey Road and take the first road on the left which is Lowhill Lane.

From M42

Leave the Motorway at Junction 2 and take the A441 Redditch Road (later becomes Birmingham Road) north towards Birmingham. Follow the road over the canal and up the hill. After approximately two miles you will come to a small roundabout. Take the 1st exit (left) into Longbridge Lane. After about 500m you will come to another roundabout. Take the 1st exit (left) into Groveley Lane. Continue along Groveley Lane and shortly after going over the railway turn right into Lowhill Lane.

From Birmingham

Follow the A38 (Bristol Road out of Birmingham). Shortly after Longbridge Lane (on left, signed for Longbridge railway station) you will come to a roundabout. Take the 1st exit (straight on) into Lickey Road. Continue along Lickey Road and take the first road on the left which is Lowhill Lane.

Rail

The nearest Rail Station is Longbridge which is approximately one mile away from the course. On leaving the station turn right into Longbridge Lane and continue to the junction with the A38 Bristol Road (about 400m). Turn left then continue straight on into Lickey Road, then take the first road on the left (Lowhill Lane).



COFTON PARK

BIRMINGHAM 13.1.18



RACE INFORMATION

START: Women's race 1.30pm | Men's race 2.30pm **DISTANCE:** Women: 2 laps | Men: 3 laps

COURSE: 1 lap = 1.98m/3.19km approx, 52m climb.