Northbrook Athletic Club - Coventry

5th January 2014

Birmingham & District Invitation Cross Country League - Division Two, Fixture 4

Dear Colleague in Sport

I am writing to advise you of details for the final fixture, of the cross country season, that will be held at Coundon Hall Park, Coventry on Saturday 8th February at 2.30 pm. Associated are details of the proposed course which may, due to conditions, be varied on the day.

Race HQ
Race HQ, for Registration, Refreshments and Results, is at Keresley Grange School in Waste Lane (Sat Nav CV6 2EH) at the South East end of the Park.

Changing Facilities
Changing, showers and toilets will be available, in the park, near the Start and Finish areas.

Location
Both ourselves and Coventry Godiva 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 website (www.northbrookac.org.uk) and that of the B&DCC League (www.birminghamccleague.co.uk). So your members will be able to download their own copies if required.

The Course
The majority of the park is grassland and large areas are marked out for team sports. The grass is regularly cut during the summer and the surface, in general, is fairly even. There is an overall gradient, falling from the North corner (point M) to the South corner (point I), with a noticeable dip between points K and L. 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 and clump of trees, in the park, have been included as part of the course subject to race-day conditions.

Parking
The park is open to the public and is used extensively. Main Car Parking is next to Changing/Shower, 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. The small car park at the Race HQ will, of necessity, be reserved for Race Officials only. Please share vehicles as much as possible to reduce demand for parking spaces.

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

I hope you have an enjoyable day and please do not hesitate to contact me should you require further information.

Yours sincerely,

Northbrook A.C.
Fixture: Birmingham & District Invitation Cross Country League - Division 2
Promoting Club: Northbrook Athletic Club.

Date: Saturday 8th February 2014
Venue: Coundon Hall Park, Coventry.

Race HQ
Registration
Officials Parking
Refreshments
Changing/Showers

COURSE
As marked up and lettered.
Race: will consist of three laps.
First lap along Start straight (A-C) then follow letter sequence.
Second and Third laps include loop A-B-C. At end of Third lap Finish straight (A-U).
(Approx 6½ miles)

PROPOSED PLAN OF COURSE
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.