



*Shepshed
Running Club*

SHEPSHED RUNNING CLUB

DERBY RUNNER CROSS COUNTRY LEAGUE – 2019-20 SEASON

Leicester Division

Date	26 th January 2020	
Venue	Grace Dieu Manor School, Thringstone, Coalville, Leicestershire, LE67 5UG	
Location	On the A512 between Shepshed and Ashby Approximately 2 miles from Shepshed Grid Reference SK438179	
Start times	Juniors	10.30 am
	Men	10.55 am
	Women	11.05 am

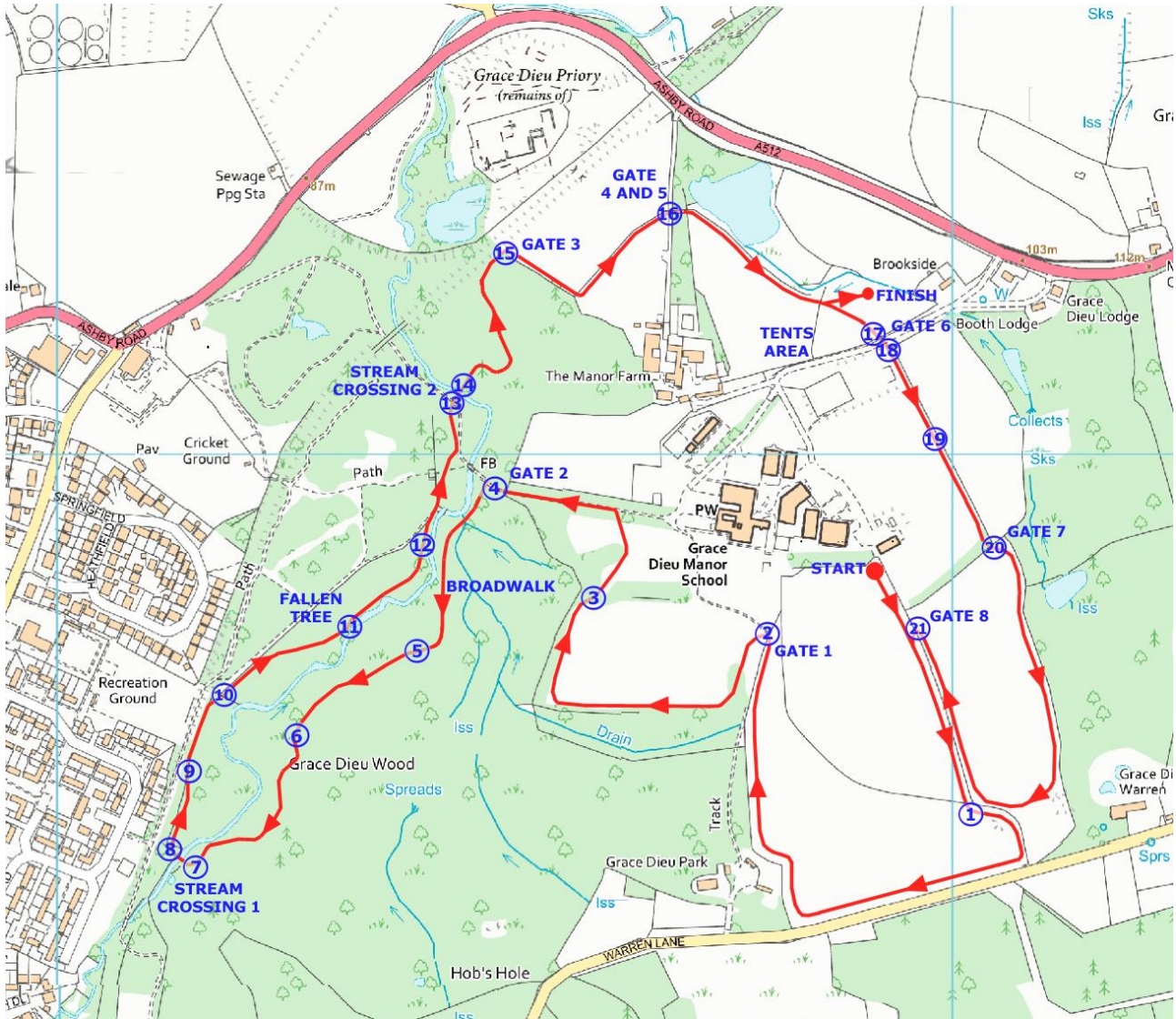
***There are limited toilet and changing facilities – PLEASE KEEP THEM CLEAN!
NO MUDDY SHOES INDOORS PLEASE – shoe covers will be available
CAR SHARING IS ESSENTIAL – MINIMUM 3 RUNNERS PER CAR***

Course details	Approximately 5 miles over 2 laps, undulating with some steep sections, across fields, soft uneven ground and through woods with mud, tree roots and rocks. There are narrow sections of wooden boardwalk, a very short section of hard path and two stream crossings.	
Footwear	Studs advised, spikes not recommended for main race because of rocky ground, boardwalk and hard path.	
Post-Race Event	Thringstone Members Club Loughborough Road, Thringstone, LE67 8LR Turn left out of the school on the A512 and then take the first left for Thringstone. The club is on the left after 200 meters.	
Entry Fee	£6.00 per runner	£2.00 for juniors <i>this includes a donation to the School for parking</i>
Contact	David Hattersley 07773 432892	



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Shepshed Running Club – Grace Dieu Cross Country – 26th January 2020 – 2 Laps
Marshal  Route  Stream 

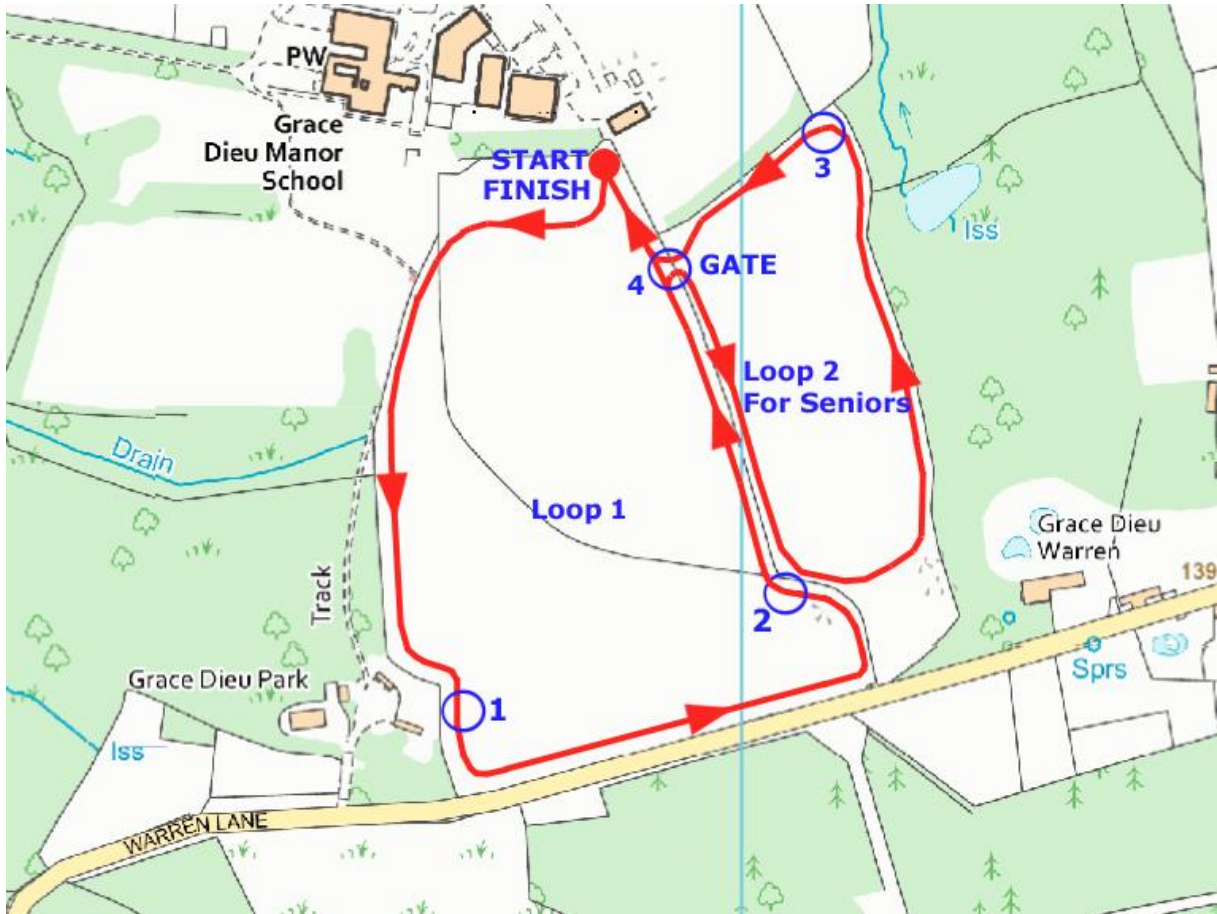


Tents can be erected in the same field as the finish

Please park as directed and do not park on the entrance road

Please note that the exit crosses the course and you will not be allowed to drive out when runners are crossing the road

The start position and route are different to last year



Junior Race Route – 1 or 2 laps

Route 