

DERBY RUNNER CROSS COUNTRY LEAGUE

SUNDAY 12TH JANUARY 2025

Martinshaw Woods, Groby

Organised by West End Runners

(permit number ARC/25/0263)

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.

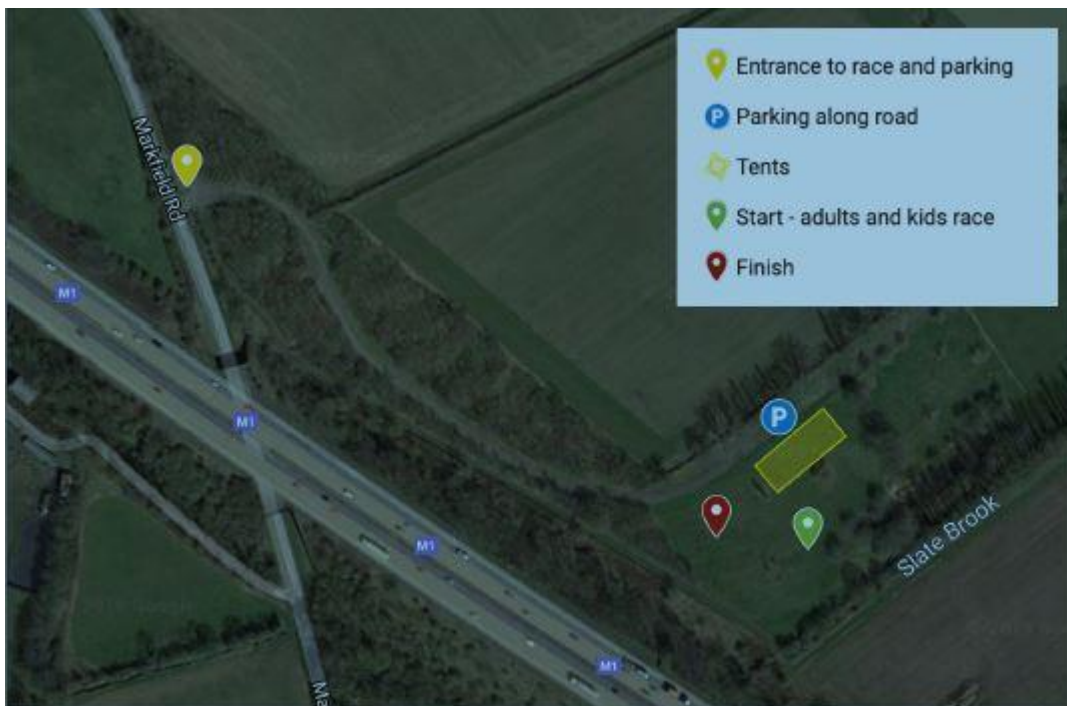
If you are approaching from Markfield:

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 there are strictly no dogs allowed on the Groby Lodge Grounds where the race start and finish area is located.

Start times Entry

Junior race: 10.20am Children £2 (Entry on the day - cash only)

Men's race: 10.55am Adults £6 (Entry on the day - cash only)

Ladies' race: 11.05am

Entry price includes a donation to the Groby Lodge Estate's charity of choice, as a thank you for allowing the race to go ahead on their land, and to the Woodland Trust. These donations will help to offset the remaining emissions from this race, which are already reduced thanks to your efforts at car-sharing. In addition, the Woodland Trust donation will help to protect and restore native woodlands like Martinshaw, advocate for policies supporting nature, and inspire people to care for woodlands and wildlife for the future.

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:

Primary age: one lap of grassy/muddy paths around the start/finish area. Approx 1 mile.

Secondary age: 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.

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

Shoes with studs (not spikes) advised.

Post race venue

The Railway Inn, Glenfield (152 Station Road, Glenfield, LE3 8BR)

Approx 8 mins drive from race venue - should have our own bar area when you arrive.

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

Email xc@westendrunners.co.uk