

# DERBY RUNNER CROSS-COUNTRY LEAGUE 2024/25

## DERBY/STAFFS DIVISION

Young Peoples Forest at The Mead, Shipley Country Park, 03/11/2024

Hosted by : SMALLEY ROAD RUNNERS (SRR)

**Location:** The Youngs People Forest at Mead, Woodland Trust  
Shipley Country Park  
Slack Lane  
Heanor  
DE75 7GX.

What Three Words: [///worthy.lunch.alright](#)

PDF Map : [How to find Shipley Country Park - 253KB](#)

The main entrance to Shipley Country Park is well sign posted from the A608.

Note : Shipley Park Junior Park Run takes place at 9am in Shipley Park, please be mindful when parking.

**Parking:** Plentiful car parking at Shipley Country Park. Pay and display charges apply 2hr £2.50 4hrs £4.50. There is some street parking at the entrance and on Heanor Gate Ind Est but this fills up quickly. Do not block entrances or park on corners if you choose to park in these areas.

**WHILST THERE IS PLENTY OF PARKING, PLEASE EMPHASISE THE NEED FOR CAR SHARING TO YOUR CLUB MEMBERS TO REDUCE THE VOLUME OF CARS AT THE EVENT.**

**Main race starts at 10.30** Minimum age 17.

**Entry Fee:** £5 per person.

**Junior Race starts at 10.00.** School years 3-6 approx. 1 mile; years 7-12 approx. 2 miles.

**Entry Fee:** £2 per person.

**Course:** Slightly revised course this year, as the Woodland Trust have put some roadstone tracks around the start straight. The route will follow the outside of this first field keeping on grass tracks. The route is an out and back followed by two laps of a loop before returning, approx. 10K in total, with the Start and Finish situated in the events field of the Woodland Trust.

**Start / Finish Location :** [///keyboards.shoulders.news](#)

Almost all on grass tracks, except for around 400m's on compacted gravel with plenty of cheerful marshals throughout the route.

**Footwear:** Off-road shoes, studs or spikes. Note: the course has no tarmac although there is still a short section of compacted gravel track.

**Club Shelters / EZups:** Depending on the conditions of the start / finish field on the day we hope that one vehicle per club can be driven onto or close to the field to make set up easier. Cars must drop off before the junior race prepare to start, 9.45, any cars trying to drop off after 9.45 will be asked to carry their shelter into the field. Cars must return to the car park once shelters are dropped off.

The field not particularly sheltered from the wind, please make sure you bring plenty of guys and stakes to secure you shelter.

**Toilets:** Toilets are in the visitors' centre. No showers.

**PLEASE REMIND YOUR RUNNERS NOT TO CLEAN THEIR FOOTWEAR OR THEMSELVES IN THE TOILETS AS IT CAN BLOCK THE DRAINS AND LEAVES THEM VERY MESSY FOR OTHER PARK USERS. DOING SO COULD ALSO JEPORDISE FUTURE EVENTS.**

**Cafe:** Ramblers Café closed earlier this year and has not yet reopened. The visitors centre has coffee machines and snacks and there are sometimes mobile catering units operating on weekends.

**Further Information:** Jim Evans 07775 631 780

