



## Hereford and Borders Winter Cross Country League Race 5 / Bockleton.

Hosted with kind permission and help from Claire Thomas at Grafton Farm.

Sunday 26<sup>th</sup> February 2023, 11 am start.

### Venue

Grafton Farm, Bockleton, nr Tenbury Wells, WORCS, WR15 8PT.

This is a working farm, please be respectful of the property and land.

### *Approaching from the North*

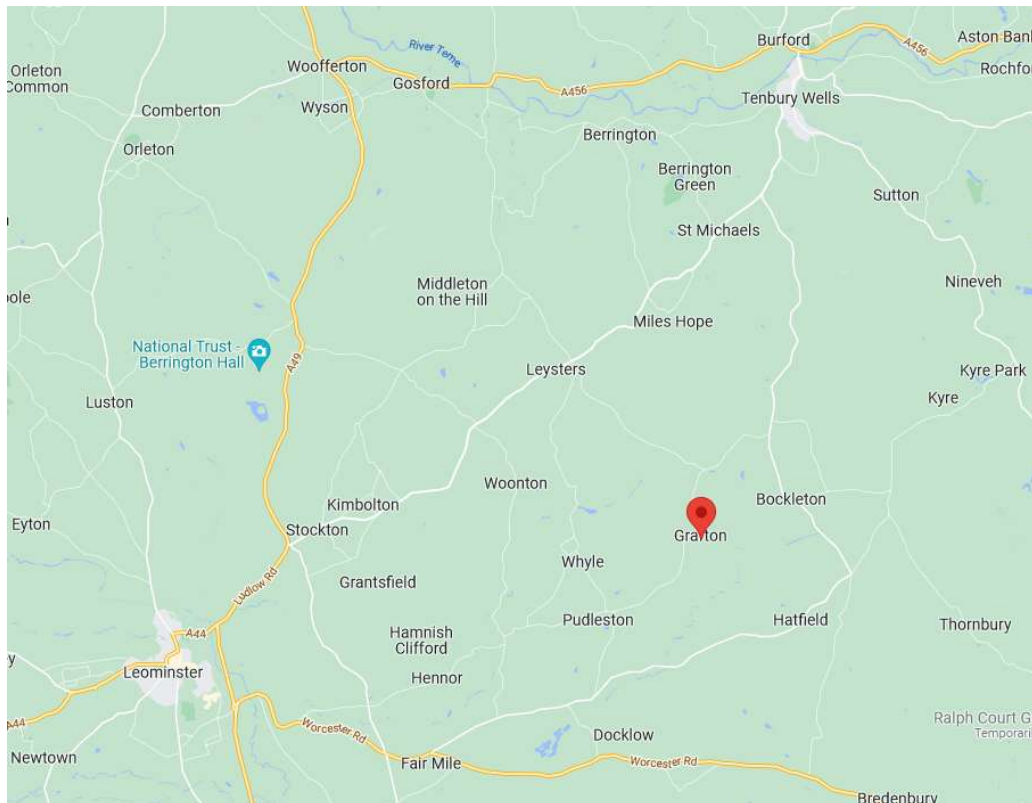
A4112 out of Tenbury Wells, left at the common towards Bockleton, right at sign to Leysters and Pudleston. Grafton Farm on left.

### *Approaching from the South*

A44 from Leominster to Worcester, left at sign to Hatfield and Pudleston, follow road round to Pudleston then right at T-junction by church. Grafton Farm on right.

Parking will be marshalled, please follow marshal's directions.

Access is via narrow country lanes, and parking is limited, **please car share.**





### Facilities

There is an outdoor toilet, and portaloos will be provided.

There is a large barn by the parking and start/finish which will provide a sheltered space. The awards ceremony afterwards will be held here. Please note that there is no heating, so bring appropriate clothing.

### Refreshments

There will be drinking water available, but please bring your own water bottle to save waste. Cups will not be provided.

Refreshments may be purchased from a food van which will supply hot food and drinks. Please bring cash if you want hot refreshments.

### First Aid

Provided by 365 Medical Solutions / 07761859643.





### The Course

The route will be 3x laps (2x for juniors), with a short spur to the start / finish.

Start and finish are in the same place, where the timing mat will be.

**Seniors** will run from the start onto the main body of the course, then do THREE anti-clockwise laps, before racing back down to the finish. **ABCDBCDBA** on the below map. Total 5.6 miles / 890' ascent.

**Juniors** will run from the start onto the main body of the course, then do TWO anti-clockwise laps, before racing back down to the finish. **ABCDBCDBA** on the below map. Total 3.8 miles / 600' ascent.

The section A-B will be run once at the start of the first lap, and once as B-A at the end of the third lap (second lap for juniors).

Marshals will be keeping track of laps and direct accordingly at B.

You will NOT cross the timing mat on each lap, only at the start and end of the race.

The course is entirely off road over grassy fields, and a short section of woodland track. If it is wet, it will be very muddy, particularly in gateways. There will be some roots in the woodland. This is an active farm, so the ground is likely to be rough and rutted. Offroad shoes are highly recommended.

As the course is three laps, there is a chance of being lapped. Much of the course is through open field, so overtaking isn't a problem but please give way to faster runners, particularly through the woods and on narrower sections.

The route will be fully marked and marshalled.

Please note that there is electric fencing beside the paddocks. The route goes alongside it but does not cross it.

### Spectating

The course should promise good spectating with much of it visible from the top of the hill.

Please respect the private property, but feel free to spectate from any of the open fields the course goes through (F1-6). The start / finish is in field F1, fields F2 and F4 promise the best views. Please do not enter the paddocks to the north (red hatching on map): the race goes down a track along the southern edge of these.

Please keep the course clear for runners and take care when crossing, particularly around point B.

Please give way to runners.

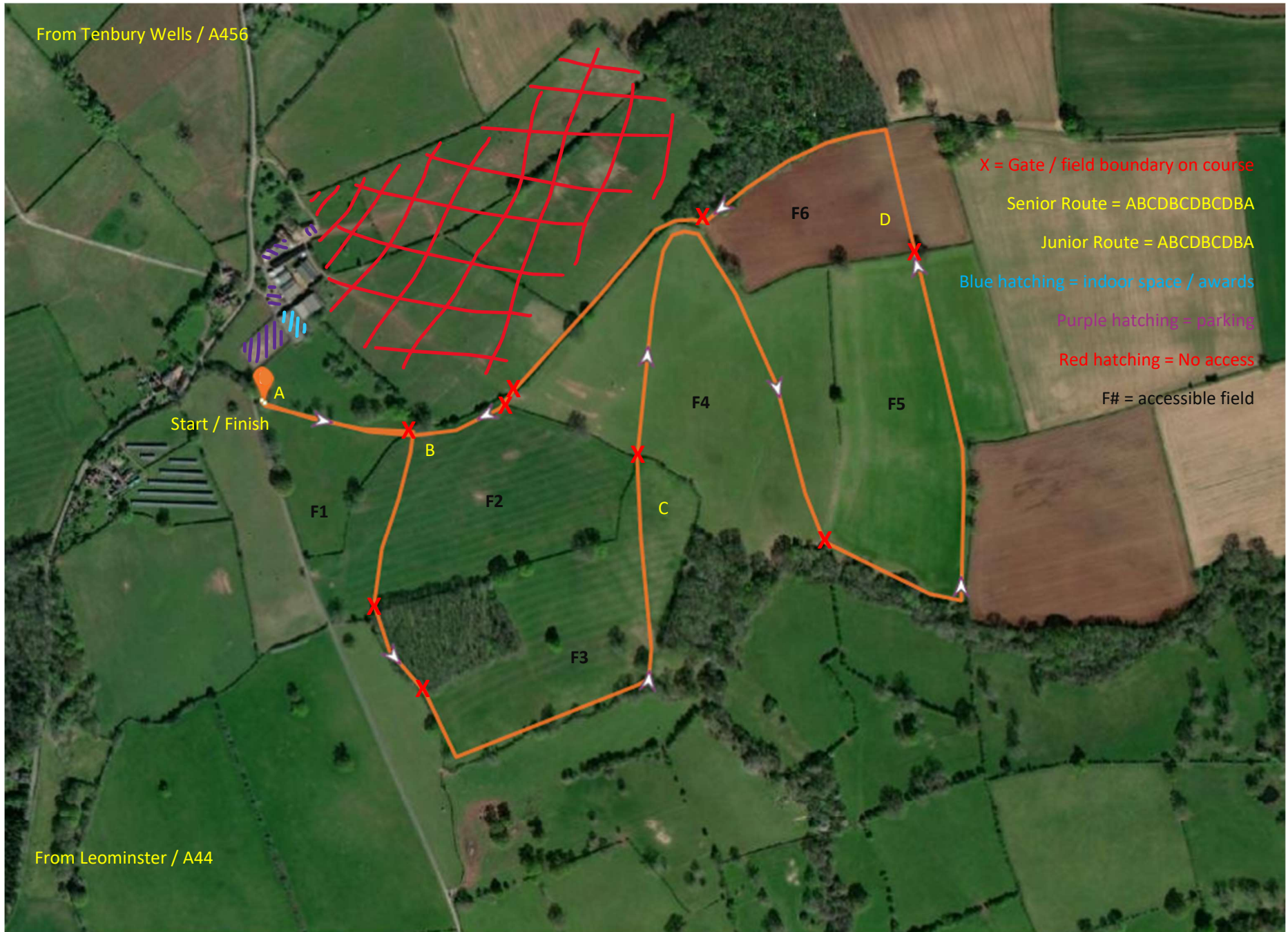
Race licence: CC2023/0773

Race referee: Chris Crosswell



From Tenbury Wells / A456

From Leominster / A44





**A**  
Start / Finish

**B**

**D**

**C**

**SENIORS**

After running D-B for the **THIRD** time, head **RIGHT** through the gate to the Start / Finish.

**JUNIORS**

After running D-B for the **SECOND** time, head **RIGHT** through the gate to the Start / Finish.