

Hereford and Borders Winter Cross Country League 2022/23

Race 4 – Croft Castle. Sunday January 15 2023

Hosted by Croft Ambrey Running Club.

11am start.

Venue

By kind permission of the National Trust

Croft Castle,

Yarpole, Leominster,

Herefordshire

HR6 9PW

Off the B4362 between Mortimer's Cross and Bircher Village.

There is a one-way system to enter and leave Croft Castle. Please obey the no entry signs and do not enter via the exit drive. Please follow the signs on the B4362 to the car park at Croft Castle.

Parking

This will be at the Croft Castle National Trust visitor carpark.

Car parking space is limited – The Castle and Grounds will be open to visitors to the National Trust. It could jeopardise future events if there is no parking for National Trust visitors.

Please make every effort to car share and to avoid single occupancy cars.

There will be a charge of £3 per car to the National trust which will be collected on entry to the carpark. Please have the correct change ready when asked.

Parking is close to the race start – there is no dry storage for kit, please keep all items in your car.

Facilities

Please use the National Trusts Toilets sited next to the tearooms.

Please be considerate to paying NT visitors and allow them to the front if there are any queues.

Please remove muddy trainers before entering the toilets, tea room or any other indoor NT facility.

Cold refreshments will be served at the end of the race free to all runners.

Hot refreshments are available to all to purchase from the NT tearooms.

First aid will be provided by 365 medical solutions. 07761859643.

Senior course – one lap approximately 9km.

The course will take place on National Trust land – on gravel tracks and grassland. Depending on the weather, it is likely to be muddy or rutted in sections and trail shoes are advised.

Please be aware that the route follows footpaths which are likely to be in use by walkers and visitors to Croft Castle Parkland.

This is a different route to previous events held at Croft Castle.

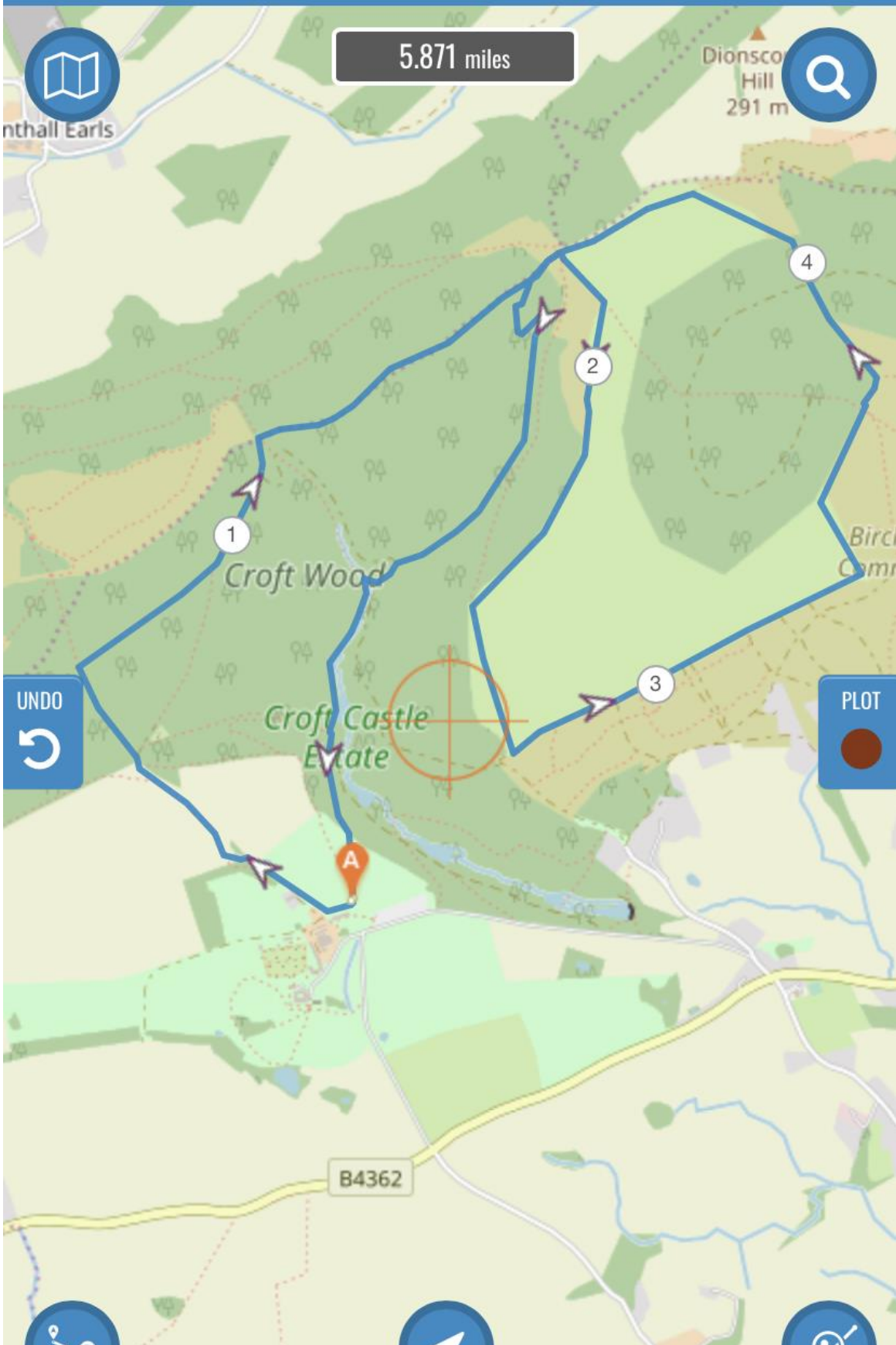
It will be marked and well marshalled. (Marshal points in red, signage in green)

11:39



AA

plotaroute.com



Junior Course

Juniors over 17 will be guided by marshals to take a shorter route.

This will be 6.2km.

Please ensure all junior runners have a red J on their race number to make them easily identifiable to the marshals.

Team captains should take the time to talk to junior runners to ensure they are aware that they will be directed to a different route after three miles and

should follow the marshals' instructions.



6.191 km

Earls

UNDO



1

2

3

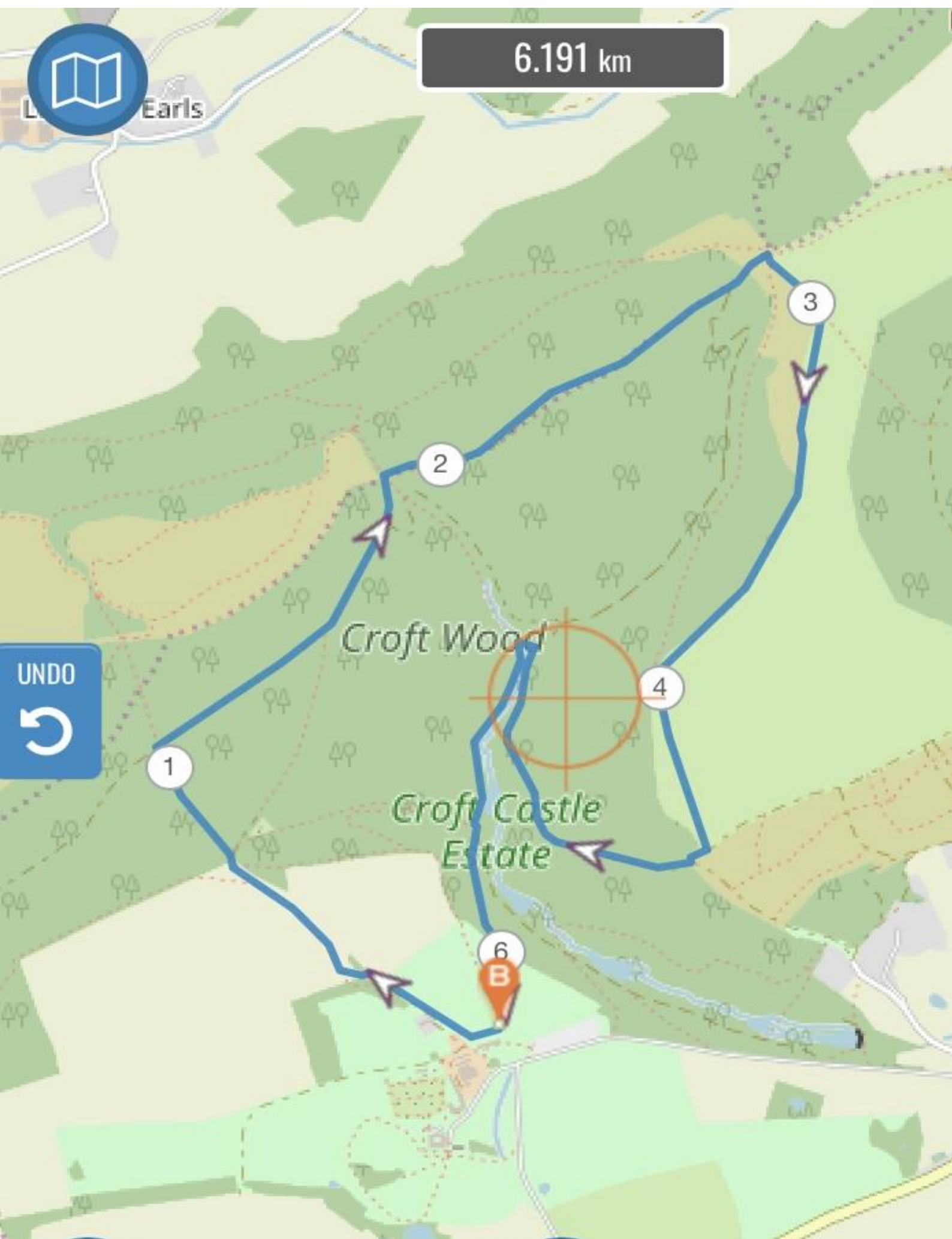
4

Croft Wood

Croft Castle Estate

6

B



Event director: Samantha Harper. sam@croftambreyrunningclub.co.uk

Race Official: Ashley Burridge.

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