

**Herefordshire & Borders Summer Off-Road League 2023**  
**Race 2; Newton Court Cider.**  
**Wednesday 28th June 2023**  
**Host Club; Hereford Couriers RC.**  
**7:30pm Start.**

Thank you to our hosts Paul Stephens, his family & the team at Newton Court Cider for allowing us to visit for the first time as part of this year's Summer off-road league on the 28th June.

**VENUE**

Newton Court is signposted just off the A49 at the Cadbury Roundabout Nr Leominster. On the left hand side as you head north on the "old road" B 4361 towards Leominster.

North of Newton Lane, New Drive, Leominster HR6 0PF

what3words: overhear.hedgehog.thanks <https://what3words.com/overhear.hedgehog.thanks>

Many Herefordians will know Newton Court as the home of Newton Court Cider. Newton Court is now also the site of a brand new Visitor Centre in which you'll find a 95 seater restaurant and cafe, farm shop shelves, viewing windows for our bottling and pressing, a licensed bar and a place to meet for cidery tours and tastings.

<https://www.newtoncourtcider.com/>

**PARKING: IMPORTANT!**

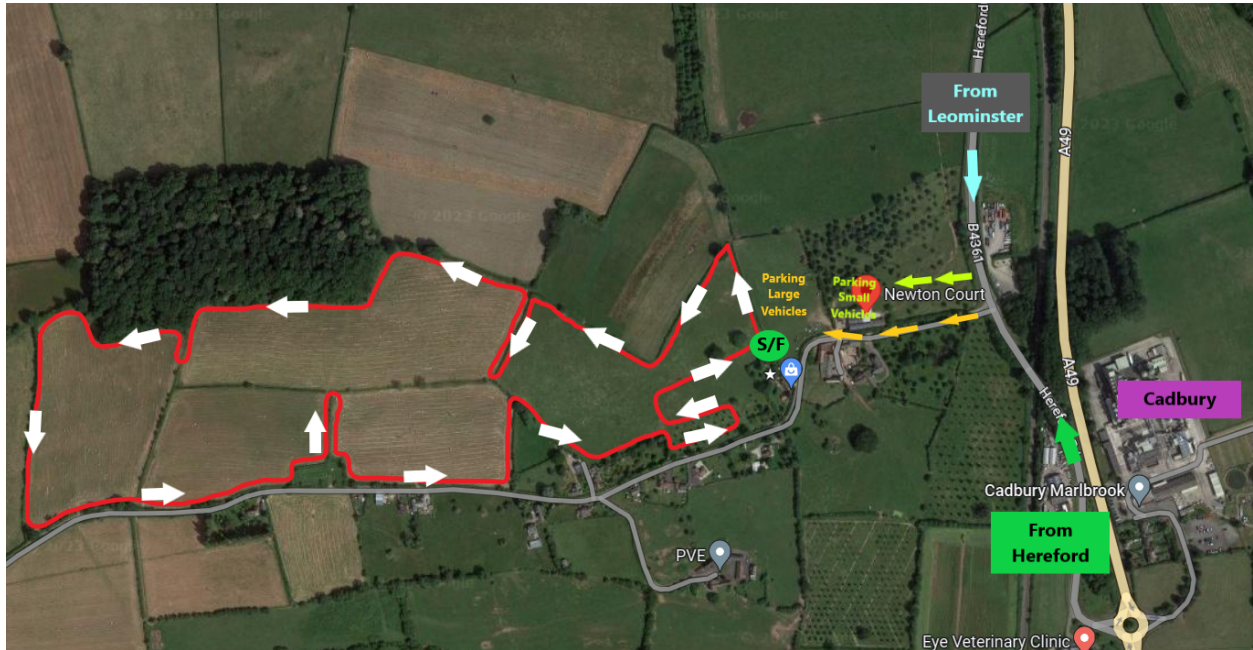
**PLEASE CAR SHARE WHERE POSSIBLE.**

Like many of our venues Newton Court has limited parking.

**SMALLER CARS:** Please park in the main visitors centre car park, the 2nd left turning from Hereford (it's the new road)

**LARGE CARS/ VANS/ 4X4'S:** Please take the first entrance (from Hereford) head up Newton Lane, behind the visitors centre where you will be directed into the back fields to park.

Please park where instructed by our marshalls and please respect the property of the landowners.



### THE ROUTE:

The route is 2.2 miles long and will need to be completed twice for adults and once for juniors.

The course sticks to the perimeter of 5 fields of mainly grassland, the route will be fully marked out with directional arrows and we plan to have the course route mowed to create a visible path to follow. The route is anti-clockwise so the field hedgerows should always be to the right of you.

**Please be aware that parts of the route may be rutted due to the recent dry spell, so please watch your footing in these areas.**

**ADULTS:** Route: 2 Laps (approx 4.4 miles)

**JUNIORS:** Route: 1 Lap (approx 2.2 miles)

<https://www.plotaroute.com/route/2271235>

<https://strava.app.link/K629zzkeEAb>

Race Referee: TBC

England Athletics Race Licence Number: TBC

### FIRST AID

First aid will be supplied by 365 Medical, if you or another runner need assistance please raise this with the nearest marshall who will be able to help.

### FACILITIES & REFRESHMENTS

Toilets will be available (portaloos) along with post race water.

## **CIDER & BBQ**

Every finisher will receive a bottle top, this can be exchanged for half a pint of cider (or a soft drink) post race, Paul and the team at Newton Court will be putting on a BBQ so please bring some cash along to make the most of the fantastic facilities at Newton Court & remember to please put all litter in the bins provided.

## **HOT WEATHER RUNNING!**

**Due to the recent spell of hot weather & running in the heat, it's everyone's responsibility to stay safe, here are some tips for running in the heat;**

- **Stay Hydrated throughout the day** - we plan to have a water station at the halfway point during the race.
- **Choose Clothing Carefully** - Club kit must be worn as part of the rules, maybe think about wearing a vest instead of a t-shirt, a thinner pair of shorts or perhaps wear a cap. (No speedo's though!)
- **Don't Push It** - On a race day take the weather conditions into account, I know its a race but finishing is an achievement in itself!
- **Wear Sunscreen**
- **Make a Splash** - Carry & use water to cool yourself during the race.

If you feel unwell or don't feel you can complete the course, please do not run.

We look forward to seeing everyone on the 28th June.

Many thanks,  
Hereford Couriers RC.