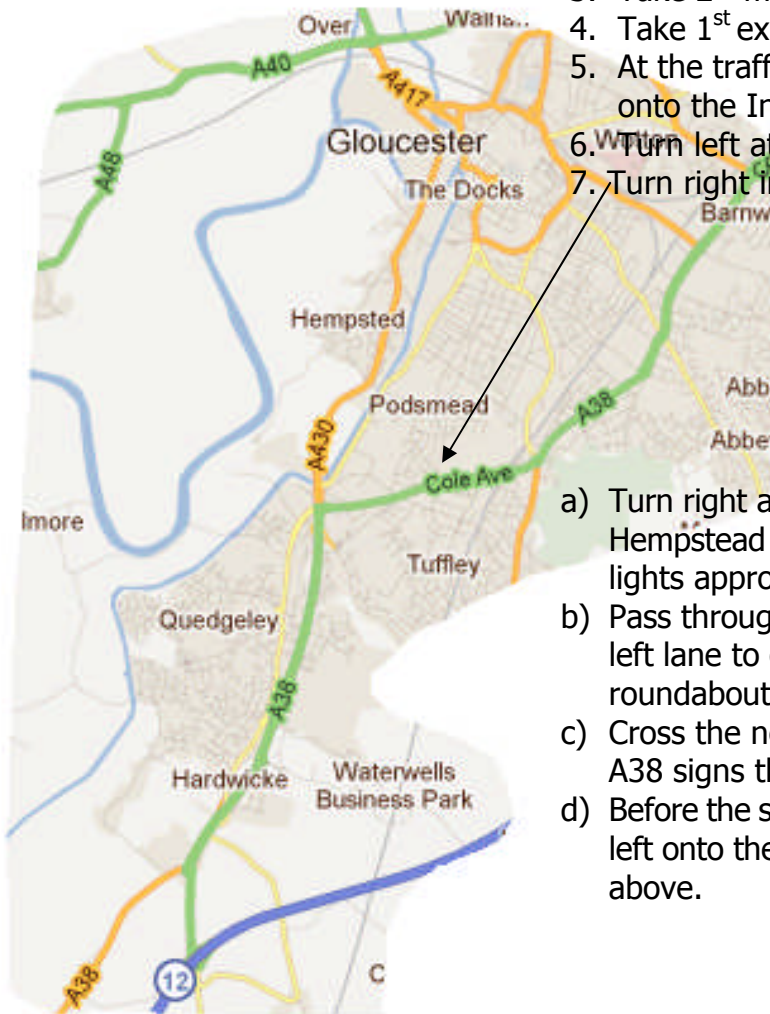


**From the North and South**

1. Leave M5 at Junction 12
2. Follow B4008(A38) towards Gloucester
3. Take 2<sup>nd</sup> major exit off island, A38 to Gloucester
4. Take 1<sup>st</sup> exit off island (not yet marked on the map)
5. At the traffic lights take the right hand lanes, & turn right onto the Inner Ring Road, signposted Cheltenham
6. Turn left at the next set of traffic lights.
7. Turn right into Crypt School after 100yds



**From the West**

- a) Turn right at the new bypass- sign posted Hempstead and Gloucester Quays- at the traffic lights approaching Westgate Bridge. A430
- b) Pass through several sets of traffic lights and use the left lane to go round the new lozenge shaped roundabout taking the exit to Quedgeley.
- c) Cross the new canal bridge in the left lane & take A38 signs through the first set of traffic lights.
- d) Before the second set take the left hand lane and turn left onto the Inner Ring Road. Then travel as point 6 above.

Competitors choosing to leave the motorway at Junction 11 or 11a follow A38 Inner Ring Road signs through Gloucester until passing under the pedestrian bridge on Cole Avenue. Turn right at the traffic lights then follow 7 above

For those wishing to create their own directions the address of the changing rooms is: The Crypt School, Podsmead Road, Gloucester GL2 5AE

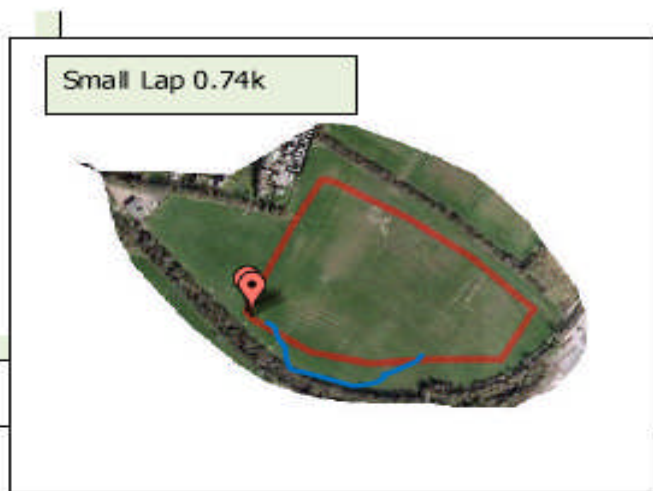
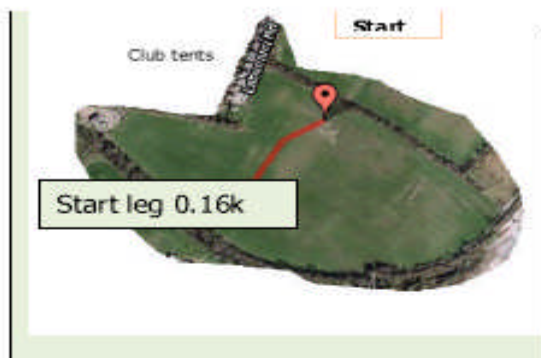
Note that there may be minor changes to the course and to the location of parking within the school as there will be building work in progress. Changing also may be in a different location although women will use the club house by the start and finish and men in Crypt School.

Cross Country Course, Blackbridge, Gloucester  
 Parking at Crypt School only. Men's changing at Crypt School, Women's in the Club house

**TIMETABLE:**

Under 11 Boys 11.45 am	Under 11 Girls 12.00 pm	1.67k start leg, 2 small laps with diversion on the second lap shown in blue
Under 13 Boys 12.15 pm	Under 13 Girls 12.35 pm	3.7k: start leg, 1 small lap & 1 large lap
Under 15 Boys/U17 Men	12.55 pm	4.5k: start leg, 2 small laps & 1 large lap
Under 15 Girls/U17 Women	13.25 pm	4.5k: start leg, 2 small laps & 1 large lap
Junior/Senior/Vet Women	13.55 pm	6.6k: start leg, 1 small lap & 2 large laps
Junior/Senior/Vet Men	14.40 pm	10.25k: start leg, 2 small laps & 3 large laps

The course is best run with spikes or similar shoes. There are sharp banks on the large lap and, under trees, roots are exposed. Runners are advised to walk the course before competing. All courses are run anti-clockwise.



**Refreshments are available in the club house:**

- Baked Potato with a choice of Beans +/- or cheese, chilli, curry. Cheese burgers
- Hot Dogs
- Panini - cheese + ham / tomato / Onion
- Sweets & Homemade cakes
- Coffee, Tea & Cold Drinks