



*Shepshed
Running Club*

SHEPSHED RUNNING CLUB

DERBY RUNNER CROSS COUNTRY LEAGUE – 2015/6 SEASON

Date	31 st January 2016	
Venue	Grace Dieu Manor School, Thringstone, Coalville, Leicestershire, LE67 5UG	
Location	On the A512 between Shepshed and Ashby Approximately 2 miles from Shepshed	
Grid Reference	SK438179	
Start times	Juniors	10.30 am
	Men	10.55 am
	Women	11.05 am

***Please note that there are no toilet or changing facilities on site
Parking is very limited – Please car share***

Course details	Approximately 5.5 miles over 2 laps, undulating with some steep sections, across fields and through woods. There are sections of wooden boardwalk and hard path and two stream crossings.
Footwear	Studs advised, spikes not recommended for main race because of rocky ground, boardwalk and hard path.
Post-Race Event	Thringstone Members Club Loughborough Road, Thringstone, LE67 8LR Turn left out of the school on the A 512 and then takes the first left for Thringstone. The club is on the left about 200 meters from the turn.
Entry Fee	£3.00 per runner
Contact	Laurie Fluck 01509 503107 / 07952 163160



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Course Map – 2 laps

