

This document was amended on 3/10/18 setting a new timetable. We apologise for the change which was brought about by late notification of the needs of another user of the grounds.

Gloucestershire Cross Country League at Old Down Country Park 13/10/18 Promoted by Stroud AC

Please note that parking is not at the usual visitors car park. Should you park there and come in through the visitors entrance you will be charged the full admission price. Follow the instructions below and pay only £1 a car.

The post code for Old Down is BS32 4PG but be aware that this will take you to the "wedding and events" entrance and not our reserved car parking. Please do not use the "wedding and events" entrance.

Please also do not encroach on the manor grounds as this is being used for a wedding reception.

Travel directions

From the North

leave the M5 at Junction 14 heading towards Thornbury (B4509)

turn left onto the A38

turn right onto Thornbury Rd. (B4061)

turn left into Down Rd.

continue onto Strode Common

continue onto Alveston Rd.

at the cross roads do not turn right onto Foxholes Lane take the next right (30 yds) into Vicarage Lane

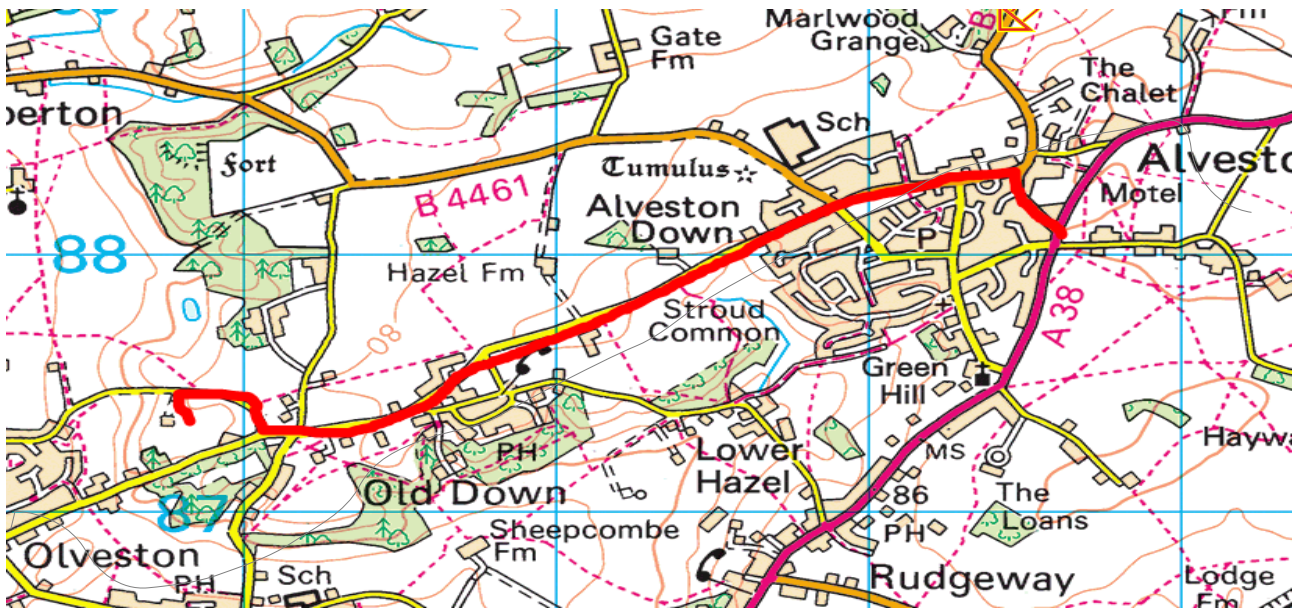
Turn left (after approx 100yds) into the Race Car Park.

Be aware of other athletes leaving the car park and walking 50m back to Old Down entrance

Old Down Country Park is on your right but park in the Brake which is on your left.

Parking is £1.

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From the south

Leave the M5 at J16

Head for the north and Almondsbury

Continue straight to stay on Gloucester Rd/A38

After passing under the M4 turn left onto Fernhill

Continue onto Lower Tockington Rd

Slight right to stay on Lower Tockington Rd

Turn right onto Washingpool Hill Rd Turn left onto Old Down Hill

Turn left into Haw Lane,

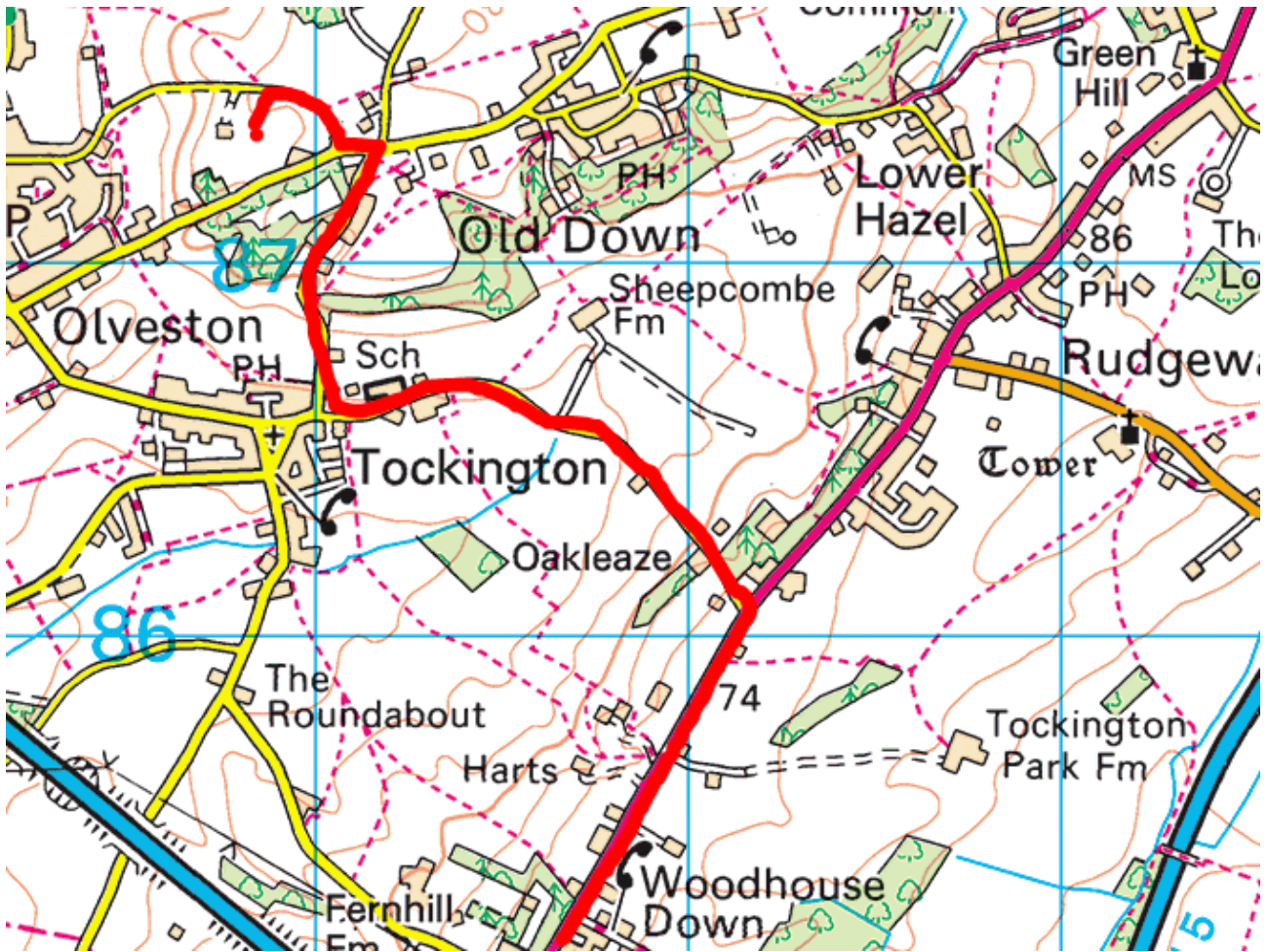
Turn right into Vicarage Lane

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The course is suitable for studded shoes and short spikes. There are building works and developments at Old Down and we have had to adapt the course. It is good practice to walk the course before racing. It consists of mown and fairly flat grass, tracks over grass and through woods, a short tarmac section by the visitors' car park and a gravelly track before returning to grass. Most of the descent is on grass or a grassy track and the ascent through the woods. Be aware of stones near or on the surface and of tree roots.

We expect that when the loop is used there will be little or no lapping. If there is please take care.

TIMETABLE:

Under 11 Girls 13:00	2.0 km 1 lap
Under 11 Boys 13:15	2.0 km 1 lap
Under 13 Girls 13:30	3.0 km 1 lap plus loop
Under 13 Boys 13:55	3.0 km 1 lap plus loop
Under 15 Girls 14:15	4.8 km 1 lap with loop and 1 lap
Under 15 Boys 14:35	4.8 km 1 lap with loop and 1 lap
Under 17 men 14:55	6k 3 laps
U17 W/Senior/Vet Ladies and Men65+ 15:25	6k 3 laps
Senior men 16:05	1 lap with loop and 2 laps

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