



*Shepshed
Running Club*

SHEPSHED RUNNING CLUB

DERBY RUNNER CROSS COUNTRY LEAGUE – 2023-24 SEASON

Leicester Division

Date	18 th February 2024
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 10.00 am school years 3 – 6 approx 1 mile, years 7 – 12 approx 2 miles Seniors 11.00 am minimum age 17

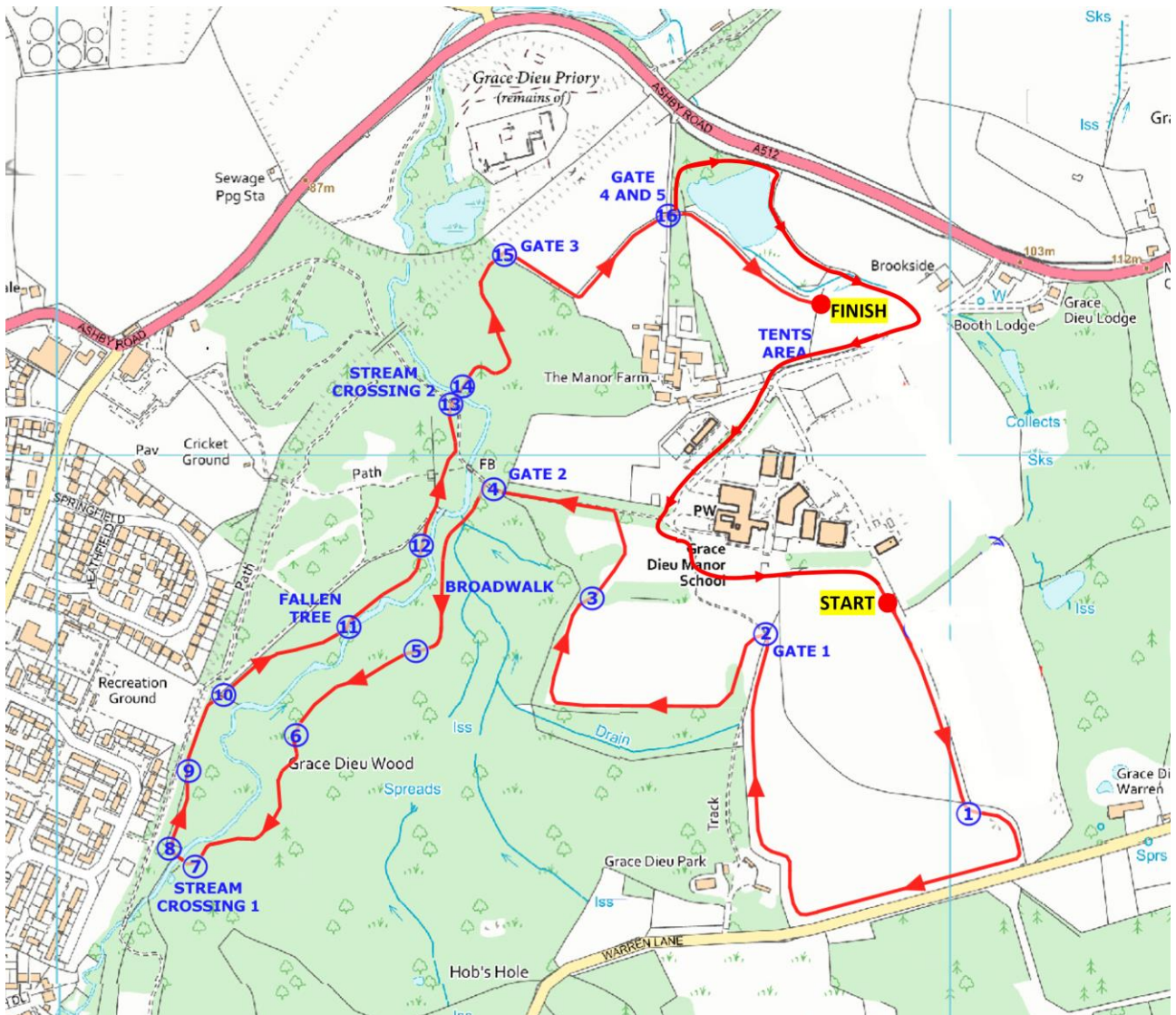
***There are limited toilet and changing facilities – PLEASE KEEP THEM CLEAN!
NO MUDDY SHOES INDOORS PLEASE – shoe covers will be available
CAR SHARING IS ABSOLUTELY ESSENTIAL – MINIMUM 3 RUNNERS PER CAR***

Course details	Approximately 5 miles over 2 laps, undulating with some steep sections, across fields, soft uneven ground and through woods with mud, tree roots and rocks. There are narrow sections of wooden boardwalk, shorts section of 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	Black Swan 21 Loughborough Road, Shepshed, Loughborough LE12 9DL
Entry Fee	£6.00 per runner £2.00 for juniors <i>this includes a donation to the School for parking</i>
Contact	David Hattersley 07773 432892



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Shepshed Running Club – Grace Dieu Cross Country – 18th February 2024 – 2 Laps
Marshal  Route  Stream 



Tents can be erected in the same field as the finish

Please park as directed and do not park on the entrance road

Please note that the exit crosses the course and you will not be allowed to drive out when runners are crossing the road

The route is different to previous years



Junior Race Route – 1 or 2 laps

Route 

