



Shepshed  
Running Club

## SHEPSHED RUNNING CLUB

DERBY RUNNER CROSS COUNTRY LEAGUE – 2024-25 SEASON

Leicester Division

Permit ARC/25/0238

Date	26 <sup>th</sup> January 2025
Venue	Grace Dieu Manor, FCV International Football Academy Thringstone, Coalville, Leicestershire, LE67 5UG
Location	On the A512 between Shepshed and Ashby Approximately 2 miles from Shepshed Grid Reference SK438179 What 3 Words: <i>camp.s.badly.midfield</i>
Start times	Juniors 10.20 am school age 3-6 one lap, 7-12 two laps Seniors 11.00 am minimum age 17

There are limited toilet and changing facilities inside the building and portable toilets outside.

**PARKING IS LIMITED – CAR SHARING IS ABSOLUTELY ESSENTIAL**

**MINIMUM 3 RUNNERS PER CAR**

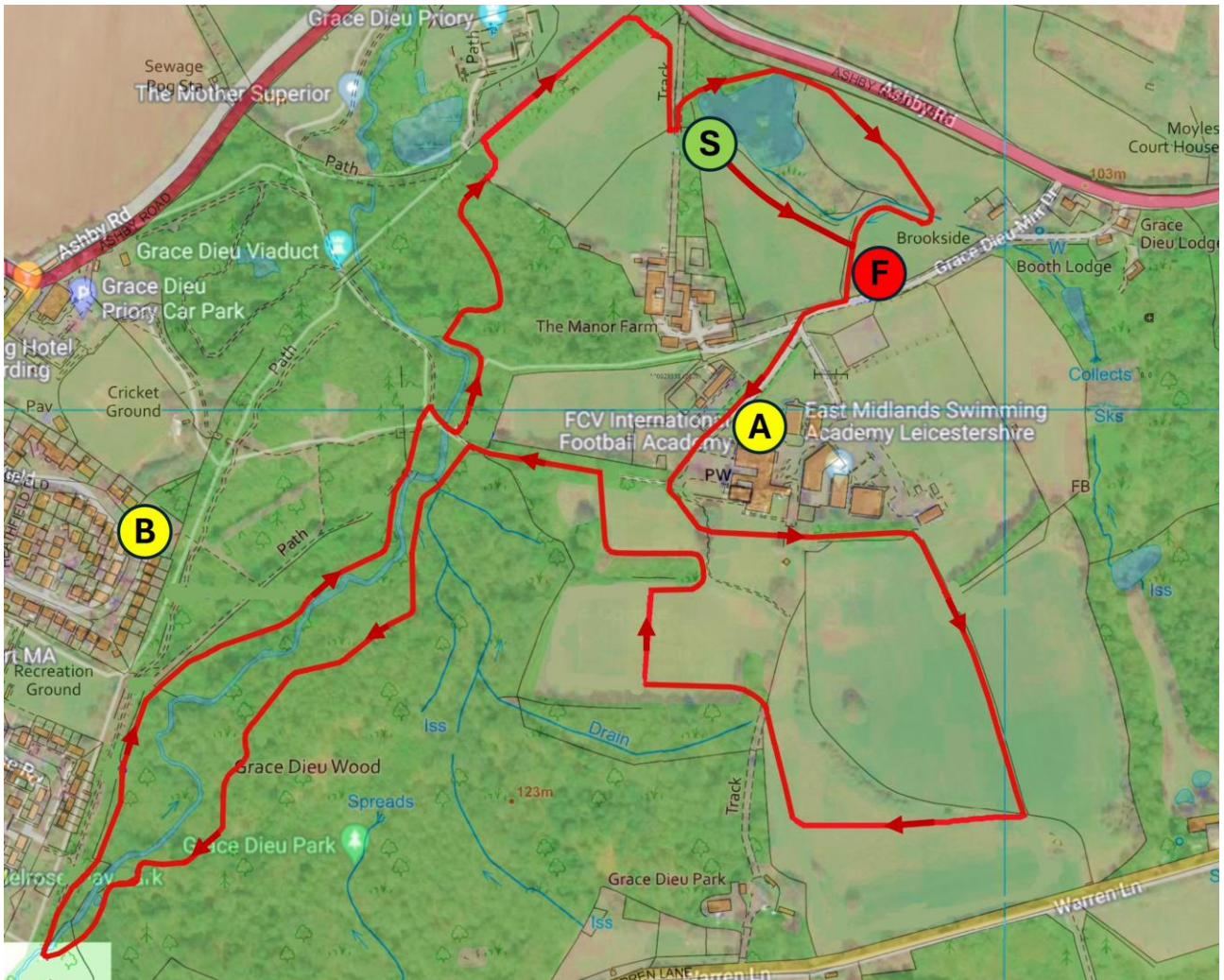
**Please park as directed and do not park on the entrance road. The exit crosses the course and you will not be allowed to drive out when runners are crossing the road**

**NO DOGS ALLOWED ON SITE**

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.
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	£7.00 per runner                      £2.00 for juniors <i>this includes a donation for parking</i>
Contact	David Mann 07976 797975



## Shepshed Running Club – Grace Dieu Cross Country – 26<sup>th</sup> January 2025 – 2 Laps



Tents can be erected in the same field as the finish

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