

Hereford and Borders Winter Cross Country League 2022/23

Parking is incredibly limited at this fixture.

Race 2:

Little Peterstow Orchards; Sunday 20th November 2022

Hosted by Monross-Trailblazers

11 am start

Location

By kind permission of Mr. and Mrs. Wheeler:

Little Peterstow Orchards Peterstow Ross-on-Wye Herefordshire HR9 6LG

Thank you to the local pubs: Red Lion and Yew Tree for allowing us to use their car parking spaces: Please stay for a drink/meal with your club mates. They advise you book in advance to avoid disappointment.



Parking

Parking is incredibly limited at the farm, so please car share! Please Park as guided by the Marshals.

We have also secured parking at the following locations:

Spirit of Monmouth, Forest of Dean AC, Ledbury Harriers, Malvern Buzzards, and Monross-Trailblazers please park at:

Yew Tree Pub, Peterstow, Ross-on-Wye HR9 6JZ

Wye Valley Runners, Brecon AC, Hereford Tri Club, Ludlow Runners please park at:

Red Lion Pub, Winters Cross, Peterstow, Ross-on-Wye HR9 6LH

Hereford Couriers, Builth and District, Croft Ambry Running Club please park at:

Man of Ross, Wilson Cross, Glewstone, Ross-on-Wye HR9 6AU

<u>Hereford Athletics Club, Juniors, Hay Hot Footers, any other clubs, and volunteers please park at:</u>

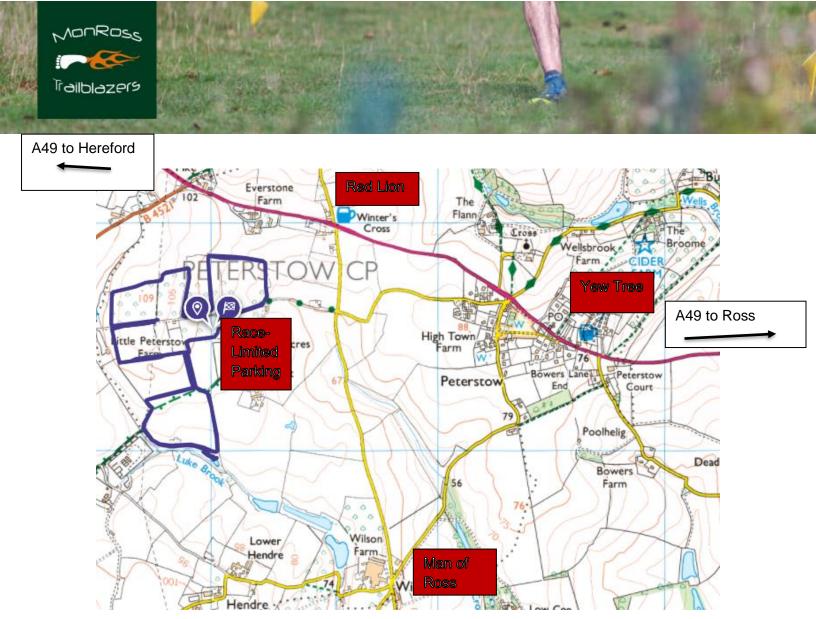
Little Peterstow Orchards, HR9 6LG

There will be marshals in each of these locations. All the above car parks are within a 10-minute jog to the race start- please allow extra time for this.

There is a dry barn for storage and shelter: Please bring warm clothes!

Please park respectful and be mindful to the members of public in the village whilst using the lanes.

Please leave space for Emergency Services to pass through the lanes.



Facilities

We have two portaloos near to the start of the race. Please respect the landowner's ground and do not use the hedges or fields as a toilet.

Baggage drop in the barn: Items are left at the owners risk.

Water, tea/coffee and light refreshments will be provided at the finish.

There may be local produce for sale on site.

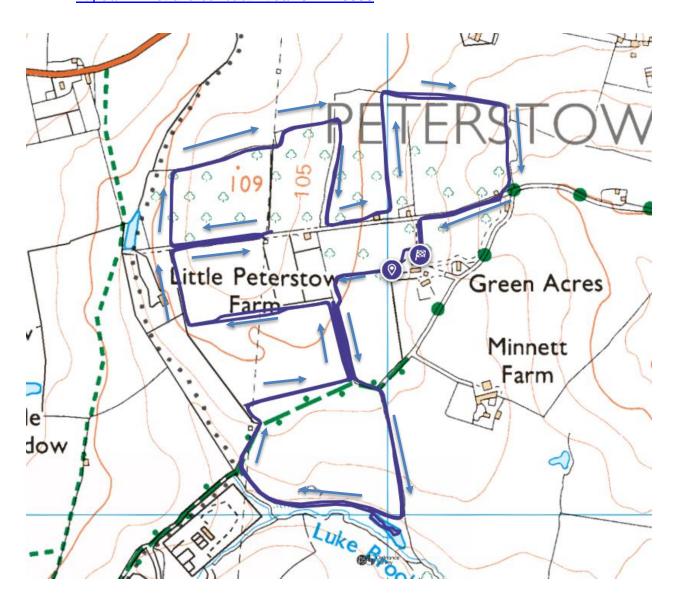


The Course

The course is based on the grounds of a working fruit farm in South Herefordshire; mildly undulating with the potential for it to be very muddy and/or rutted, dependent on the weather. There are two short sections of concrete path.

For Juniors over 17 it's a 1 lap, 2.8-mile course. For everyone else it's a 2 lap, 5.8-mile course.

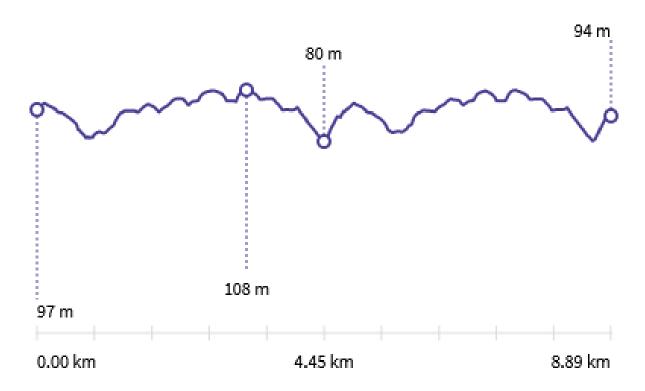
https://www.strava.com/activities/7947778656





Elevation

Total ascent: 122 m



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Race Licence Number: CC2022/0595