

Usk Runners Cross Country Club Briefing

Sunday 16th November 2014 at 11:00am

Location – Usk County Hall and Usk College Grounds

IMPORTANT UPDATE – 10th NOVEMBER 2014

Due to a number of reasons we have had to slightly alter the course for the up and coming Cross Country Race. The new route is attached. You will be pleased to hear that we have removed the small section of road. This does mean that there is a small section (30 to 40 yards) of narrow track where there will be two way traffic. There will be plenty of marshalls at this point, but please be careful when instructed to stay left.

Due to the nature of some of the trail paths, the course is still designated a 'NO SPIKES' course. Please can all clubs inform their runners of this.

Please encourage all of your new runners to try this course out. It is completely flat and a perfect introduction to cross country for your new runners

Usk Runners are hosting the second Cross County event of the 2014 season. We are sending this information around to all clubs so that it can be circulated to all members.

This is our first attempt at putting on such an event and we hope we get it right! We have chosen what we think is a really exciting course that has lots of potential to be improved over the next few years, but as it is our first event we have tried to make it as easy on ourselves as possible.

Location

We will be holding the event at Usk College and it will take in some of the grounds of Usk College including agricultural land as well as part of the Usk Valley Walk along the Berthin Brook, through wooded areas, and alongside the river Usk.

The start and finish of the course will be on the football pitch at Usk College

The Route

The route is designated as a 'NO SPIKES' route.

The course will be run over laps of approximately 2.0 miles with the men completing 3 laps the ladies completing 2.

As the route is set over mainly agricultural land, the course is very flat, therefore it should be a very quick course.

www.usk-runners.co.uk

info@usk-runners.co.uk



Underfoot you can expect a mixture of surfaces from tracks, tarmac, grass, and plenty of the compulsory mud! Because of the tarmac you will not be able to wear spikes, but because the course is flat we hope this won't cause any problems.

A course map is attached to this briefing.

Narrow Bits!

We anticipate that there will be two parts of the course that will be a little narrow.

The first is a section of roughly 400 metres is through a wooded area alongside the Berthin Brook. There are parts along this section where you can pass people with ease and also this section comes after 1400 metres into the route, so people should be well spread out by this point.

The second section is when you come out of one field, onto a pavement section and back to the start, whilst the pavement is clearly next to a road, we would ask every runner to stick to the pavement unless you are passing someone who you are lapping. The faster runner should then use the road by passing on the left hand side.

Parking

Parking will be at the new Monmouthshire County Hall in Usk. The car park should accommodate a fair number of cars, but please car share wherever possible to cut the number of cars that will be here and to help with congestion. The postcode for Sat Nav users is NP15 1GA, this is a new postcode, so if you have an old Sat Nav use the College Postcode of NP15 1XJ.

Changing and Toilets

We are paying for Usk College to open up the changing rooms and toilets that are situated right next to the start and finish site. There are only a limited number of toilets and changing areas.

Safety

We will have marshalls at various points around the course, as well as lots of tape and signs. No one should get lost, as the course is relatively easy to follow.

We would ask that you inform all of your runners that they are responsible for their own safety before, during and after the event.

If your club is expecting any guest runners, please make us aware on the day. These runners will need to sign a simple disclaimer on the day for them to be able to run the route.

Should you have any queries then please contact us on info@usk-runners.co.uk or call Brian on 07949 246849 or Gareth on 07814724450.

This info will be loaded on our website www.usk-runners.co.uk. (our new website is currently under construction!)

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Thanks
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