



The Cleeve Cloud Cuckoo Land 5

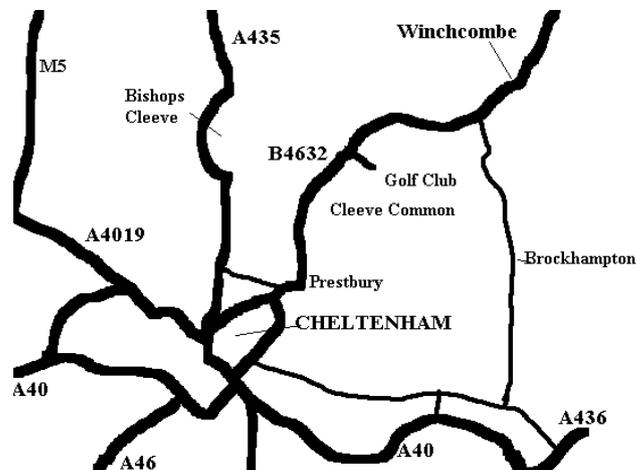
Wednesday 5 June 2013 at 7.30 pm

Race Information

Note that we will be taking entries on the day (£6 attached/ £8 unattached)

VENUE

The start and finish of the race is at Cleeve Hill Golf Club, between Cheltenham and Winchcombe off the B4632, 5 miles north east of Cheltenham. Following the Winchcombe road from Prestbury, turn right at the top of the hill at the sign directing you to 'Municipal Golf Course'. Follow the single track road approx 200m to the golf club. If the car park is full, continue through to the car park exit and turn right over the cattle grid where there is further parking to the left of the common in a disused quarry. These car parks will be sign-posted on the day.



CHANGING

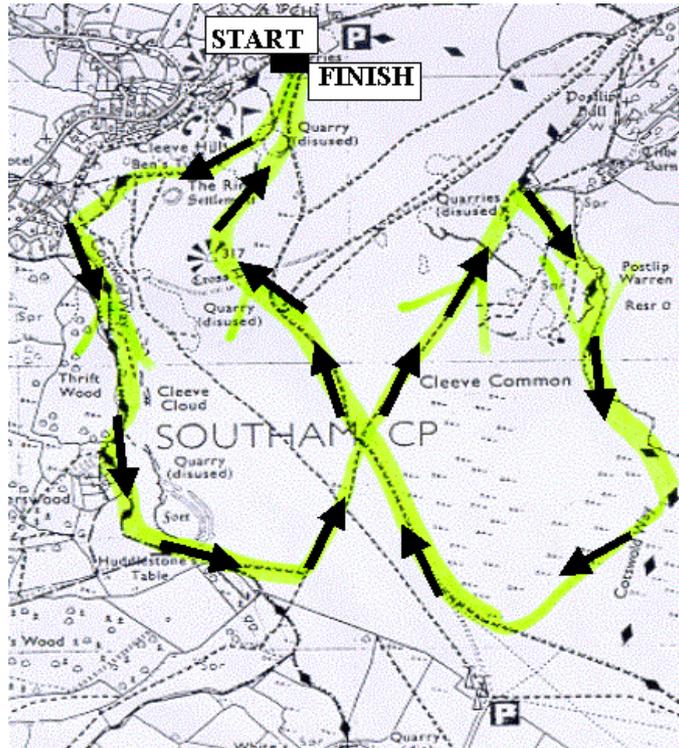
There are limited male and female changing and shower facilities at the golf clubhouse.

If you prefer not to carry car keys when you run, please leave them with us at the Late Entries Desk in the Golf Club, and we will keep them safe for you. Collect them from the same place afterwards. Apart from this, please note that *no responsibility can be accepted for personal belongings*.

ROUTE DESCRIPTION

The race is run entirely on Cleeve Common, mostly on grass footpaths but with stretches of gravel and stones. The course is a figure of eight and will be clearly marked with blue flexi-posts, tape and small white and red flags, and well marshalled. Each mile will be marked. NOTE: The precise measured distance is 5.49 miles, and the route is the same as in previous years. This complies with current AAA regulations for multi-terrain races. There will be a First Aid post at Race HQ.

Start by the golf club by the two signposts. Follow the level muddy track just below the top of the hill - this section can be quite windy. After a mile the course turns uphill to join the Cotswold Way on the top of the escarpment. At the far side of the Common turn left, leaving the Cotswold Way. This is the old road to Winchcombe – now a grass track. At the path junction, head straight on and stay on this path, leading to a steep stony descent (fell runners will enjoy this short section). At the bottom, the course rejoins the Cotswold Way turning right. Take the path across the Washpool and up the steep climb on the other side of the valley. As you approach the masts, swing right, heading back across the Common. Look out for a left turn off the main track. The final hill is a steep grassy climb up to Cleeve Cloud, one of the highest points in the Cotswolds. From there, a fast downhill section takes you to the finish.



REFRESHMENTS

There will be a water station at the finish. (Additional water stations will be provided if the weather is exceptionally warm). Snacks will be available from the Golf Club bar.

PRIZES and RESULTS

Prize giving will be held in the Golf Club at approx 9pm. Prizes are subject to entry. Provisional results will be pinned up in the Golf Club and full results posted to our website <http://www.cheltenhamharriers.co.uk> shortly after the race. Sets of printed results, posted to you as soon as possible, are available for 50p. (Apply at the Late Entries Desk).

ACKNOWLEDGEMENTS

We gratefully acknowledge the kind co-operation and support of Cleeve Hill Golf Club, the Cleeve Common Board of Conservators, St John Ambulance, and members and friends of Cheltenham and County Harriers. If you have any queries please contact the Entries Secretary. We look forward to seeing you and hope you have an enjoyable run.

Entries Secretary
Phone 01242 513196