



From the North and South

1. Leave M5 at Junction 12
2. Follow B4008(A38) towards Gloucester
3. Take 2nd major exit off island, A38 to Gloucester
4. Take 1st exit off island (not yet marked on the map)
5. At the traffic lights take the right hand lanes, to A38, Inner Ring Road
6. Turn left at the next set of traffic lights.
7. Turn right into Crypt School **A** after 100yds

From the West

- a) Turn right at the new bypass- sign posted Hempstead- at the traffic lights approaching Westgate Bridge.A430
- b) Pass through several sets of traffic lights and use the left lane to go round the new lozenge shaped roundabout taking the exit to Quedgeley.
- c) Cross the new canal bridge in the left lane & take A38 signs through the first set of traffic lights.
- d) Before the second set take the left hand lane and turn left onto the Inner Ring Road. Then travel as point 6 above.

Competitors choosing to leave the motorway at Junction 11 or 11a follow A38 Inner Ring Road signs through Gloucester until passing under the pedestrian bridge on Cole Avenue. Turn right at the traffic lights then follow 7 above.

For those wishing to create their own directions the address of the changing rooms is

The Crypt School

Podsmead Road

Gloucester GL2 5AE