

NORTH WEST SUNDAY CROSS COUNTRY LEAGUE – RACE 4

**SUNDAY 16 JANUARY 2011
10 AM START**

(race hosted by Warrington Road Runners)

TOWN PARK, RUNCORN
Information for participating clubs

Dear Club Secretary/Cross Country Captain

The course, as in previous years is adjacent to Brookvale Sports Centre which has again been booked for use of showers and hospitality. There are good car parking facilities.

Access to the course is from the sports centre via Stockham Lane. I have arranged for the school caretaker to open the two security gates (from 9:00 am) near the all weather pitches and access will be from the rear doors of the sports centre. Once on Stockham Lane, approximately 600m on the right (opposite Woodfalls Farm) is a footpath that leads into Town Park and the start/finish area of the course. Signs to the start of the course will be in place.

Runners are advised to allow sufficient time to get to the start (approx 5 minute jog) and toilet facilities are only at Brookvale Sports Centre.

Course suitable for spikes or studs. The course is approximately 4 $\frac{3}{4}$ miles long over two laps.

**Runners are requested to remove muddy footwear before entering
the sports centre**

The Gymnasium has been booked where sandwiches and drinks will be provided while results are calculated and announced.

Hope to see a good turn out and fingers crossed for plenty of mud..

Gill Collen
Warrington Road Runners

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Enclosures

- 1 Course map
- 2 Directions (for those who like to avoid sat nav instructions)