



North West Sunday league Cross Country Birchwood Forest Park Race. Race Starts at 10am.

Race venue

Ranger Centre, Birchwood Forest Park, off Moss Gate, Birchwood, Warrington.
(Satnav users: the venue has no postcode - nearest post code is WA3 6UZ)

There are basic changing rooms, showers & toilets at the Ranger Centre, a bit limited as they are only meant for two football teams. Please respect other users of the park if using the “outdoors” for toilet visits.

Directions

Forest Park is a little under 1 mile from M62 J11.

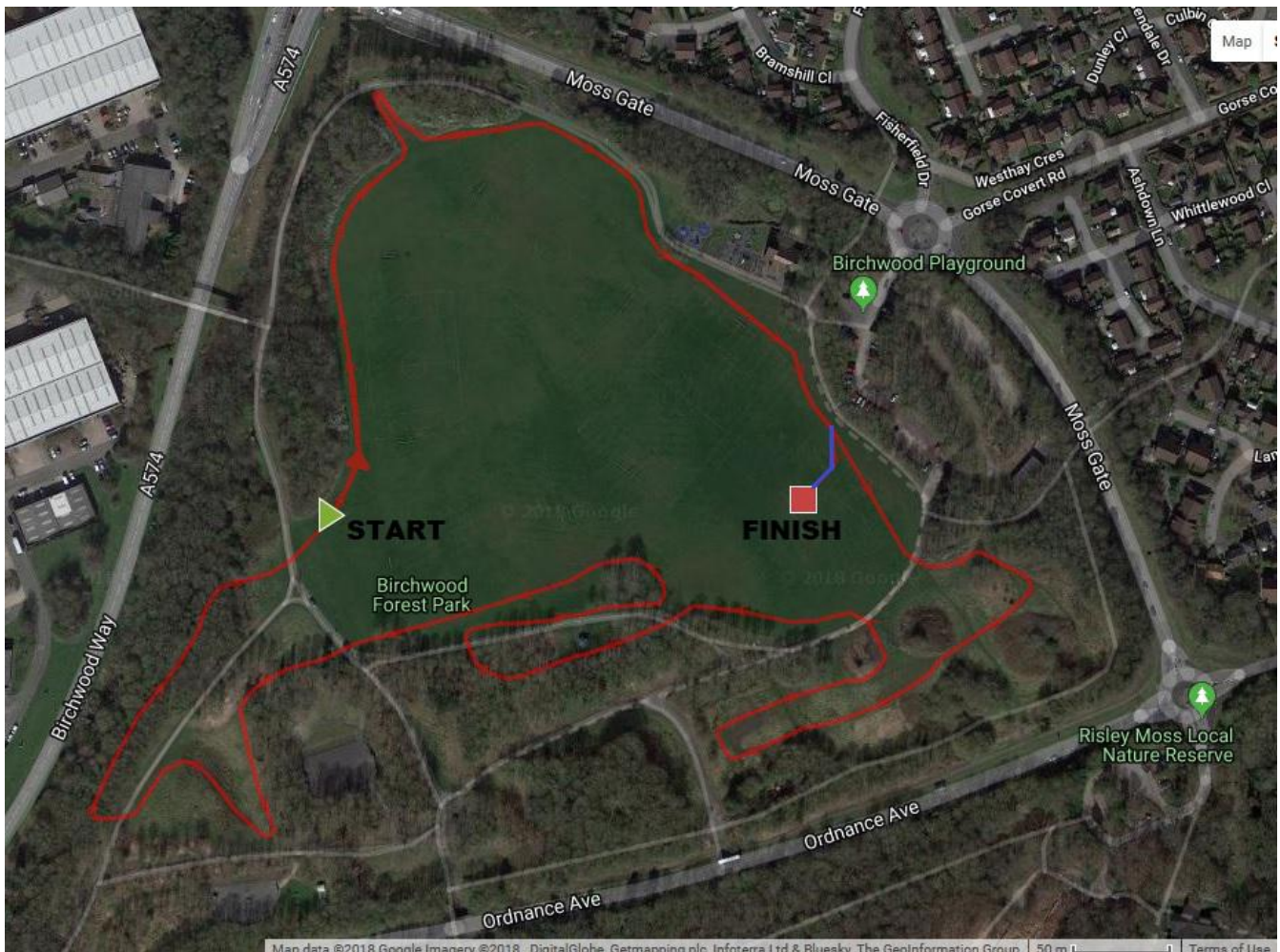
From the J11 roundabout, go down the A574, Birchwood Way. After a little over half a mile, at the traffic lights, turn left onto the road called Moss Gate.

After about 300 yards, turn right at the roundabout into the Birchwood Forest Park public car park.

Race route

The course is the one used at the Cheshire championships in 2017. The course is on grass and wooded trails, and crosses tarmac footpaths in 6 places. The hills/bunkers are quite steep-sided and it is often wet and muddy. Studded footwear or cross country spikes are usually best. The course is four laps of the route shown below; is approx 5.25 miles (8.5 km), as measured by GPS.

Guests are accepted by prior arrangement with the host club.



Refreshments

Venue:

Birchwood Community High School
Brock Road
Birchwood
WA3 7PT

Directions to the school:

- Turn left out of the Forest Park car park gate
- Turn left at the traffic lights onto Birchwood Way
- Straight on over the next roundabout (with the fancy sculpture on it)
- Turn left at the next roundabout/junction
- Turn right at the next roundabout
- Straight on over the next roundabout
- Take the next left turn, towards the shopping centre car parks & pass the Peacock pub
- Turn left at the small cross-roads, the school entrance is on the next bend.

There is some parking at the school but if the school car park is full, there is plenty of space in the Birchwood Shopping Centre car parks across the road. Please do not park on the narrow road outside the school gates - it's a bus route!