



North West Sunday Cross Country League at Birchwood Forest Park Race start at 10am

Race venue

Ranger Centre, Birchwood Forest Park, off Moss Gate, Birchwood, Warrington. (Satnav users: the venue has no postcode.) There are basic changing rooms, showers & toilets at the Ranger Centre; a bit limited as they are only meant for two football teams.

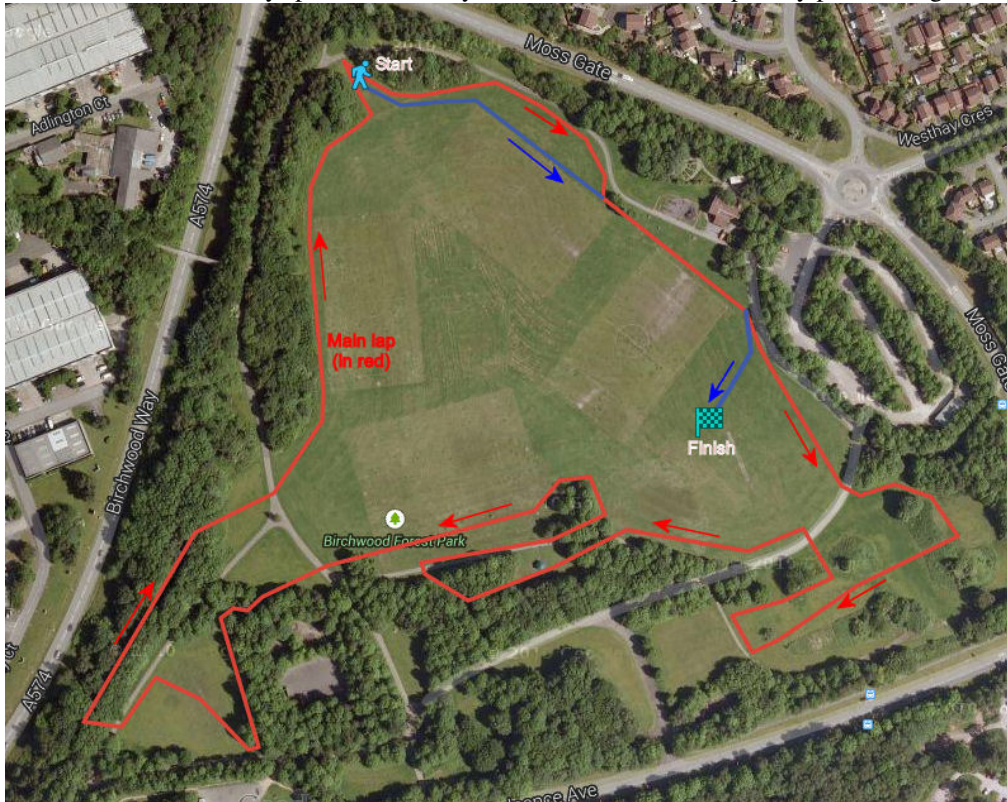
Directions

The 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 ½ mile, at the first roundabout take the first exit (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 since 2008. The four lap route is approx 5¼ miles (8½k), as measured by GPS. The course is on grass and wooded trails, and crosses tarmac footpaths in 6 places. The bunkers are quite steep-sided and it is often wet and muddy. Studded footwear or cross country spikes are usually best. **Guests** are accepted by prior arrangement with the host club.



Please note that we are unable to run a Kids Race in 2015.

Refreshments (new venue for 2015)

The venue for refreshments is about 1 mile away from the race venue, at:

The Noggin Inn, 687 Warrington Road, Risley, WA3 6AY. [Warrington Road is the A574, heading in the direction of Leigh.]

Directions to the Noggin:

- At the roundabout at the exit from Forest Park car park, turn left
- At the next roundabout, straight on (2nd exit) into Daten Avenue
- At the next roundabout, 2nd exit, continuing on Daten Avenue
- At the next roundabout (near the big fountain), 2nd exit onto a short dual carriageway, continuing on Daten Avenue
- At the next roundabout (near the Spar shop), turn right (3rd exit) onto Warrington Road
- The Noggin is on the right in about ¼ mile
- The car park is round the back of the pub
- **Parking is free at the pub** so please ignore the signs saying take a ticket, they are for weekdays only.