

Sphinx Athletic Club (Coventry)

Invite you to their promotion of the 3rd fixture of the Birmingham & District Invitation cross country League and the Midlands Womens cross country league, on Saturday, January 16th 2010.

Course Venue: Wyken Croft park (East Coventry) CV2 3AB.

Race Headquarters: Henley Green Community Centre.

Race start times:- 2:00pm Women. 2:30pm Men

Car Parking: at Henley Green Community Centre, then, when full, on the roadside.

Wyken Croft, (safest is beyond Pinley Rugger Club). Blackberry Lane, Armscott Rd.

Parking at the Community centre is very restricted. So please, please, where possible share transport and when parking on the roadside respect local householders needs.

Be prepared for a walk to the course from where you park your car

Henley Green Community Centre is 200 yards from the start. Turn left out of the car park and along road, to reach entrance to park.

Please note, to those clubs who have used this course before, the headquarters is **NOT** at the rugby club this year, but at **Henley Green Community Centre**.

Directions to venue: From B,ham and Staffordshire area leave M6 at junction 2. (Take care not to take slip road onto M69). Turn **right** (3rd exit) onto A4600 (dual carriageway) towards Coventry. Straight on over two traffic islands. At traffic lights (church on left) turn **right** into Woodway Lane.

AA After ¼ mile turn **left** into Henley Road. Then, after just over a further ½ mile turn **left** into Wyken Croft. **Henley Green Community Centre** is on the left after 100 yards, and the course is also on the left after 400 yards.

Directions from south of Coventry: To avoid going through Coventry, take the A46 to reach the A45 (Coventry By Pass). Eastwards along the by pass to the Tollbar island and then take the A 46(T) towards Leicester. Straight on at first island then turn **left** at the second island signed **Clifford Park & Walsgrave Hospital**. At next island turn **right**, into Clifford Bridge Road, straight on at two sets of traffic lights and then turn right round large traffic island towards M6. At traffic lights (church on right) turn **left** into Woodway Lane. Follow directions from **AA** above.

Please try to use the toilet facilities at the Community Centre. But if you do need to “go” before your race **please do so away from the sight of the houses opposite the course.**





To Henley Green Community Centre. 250 metres
(Race Headquarters)

Wyken Croft Park.

Hermes Crescent

Start

Finish

Blackberry Lane

1st Aid..



Church.

Wyken Croft

Rugger pitch.

Pinley Rugger Club.

Ladies Race. 2:00pm

- 1 lap of 1800mts 
- followed by
- 2 laps of 2100mts 
- Total 6000mts (3.75 miles)