

Birmingham & District Invitation Cross Country League

Saturday 3 December 2016

Travel Directions:

Directions are for Sandwell Park Farm, Salters Lane, West Bromwich, **B71 4BG**

From North: Leave M6 at Junction 7 and take A34 towards Birmingham. At first major traffic lights (Scott Arms) turn right on A4041 towards West Bromwich. At traffic lights, by All Saints Church, bear left. At next lights, by McDonalds, turn left. After sharp right hand bend bear left into Church Vale, following brown signs to Sandwell Park Farm. After 500 yards turn left into Salters Lane, then right down road to Park Farm.

From M5 Junction 1: Follow A41 towards Wolverhampton & West Bromwich then as below.

From Black Country Spine Road- West Bromwich bypass – A41: Turn off at West Bromwich Centre (A4031 Signposted Walsall, Sutton Coldfield, Sandwell General Hospital). After passing Hospital turn right by McDonalds and then follow directions above.

Parking is in the car park on the right hand side when going down the hill towards the pavilion. Additional parking space is available at the Farm car park (continue past the pavilion for another few hundred metres).

Coach parking is available at Park Farm.

***** The carpark at Sandwell Valley is now subject to charges *****

PLEASE DO NOT PARK ON APPROACHING ROADWAY

- Tents can be erected at the edge of the start-finish field away from the course.
- Toilets are available at the pavilion adjacent to the main car parks.

Belongings

We urge you to lock your cars and keep a watchful eye on all belongings when in the park.

The public has free access and the constant security of unattended kit etc cannot be guaranteed.

Important

It will be advisable to walk and survey the course. Please familiarise yourselves with all the hazards of the course such as tree roots. Spikes are recommended for the course, although runners will be required to cross over tarmac paths several times per lap.

For last minute instructions please check www.tiptonharriers.co.uk

Contact: Bryan Mills brymills@gmail.com / 07477 812399

The course is 1 small lap (1k) plus 3 large laps (3k), approx. 10k in distance

Lap A (1K)



Lap B (3K)

