

Trentham Running Club
www.trenthamrunningclub.co.uk

**BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE DIV 3
and MIDLAND WOMEN'S CROSS COUNTRY LEAGUE DIV 1**

11th January 2020

Venue: Park Hall Country Park, Hulme Road, Weston Coyney, Stoke-on-Trent
For nearest postcode see notes below

Women's race start: 1:30pm
Men's race start: 2:30pm

**Contact: Daniel Jordan danieljohnjordan@gmail.com 07765 242281 (please
do not ring on the day of the race except in a medical emergency)**

Directions

Please do not google the country park and use that postcode as it is incorrect. The nearest postcode (which will get you onto Park Hall Road and approx. 200 yards from the brown sign to the country park) is ST3 5AX

From M6

Leave at Junction 15 (Stoke-on-Trent South)

At the roundabout take the second exit straight onto the A500 (Stoke-on-Trent)

After approx. 1.5 miles take the left hand filter lane for the A50 (Derby, Uttoxeter)

Follow the roundabout to the right (second exit) for the A50

After approx. 3 miles take the exit for A520 (Leek, Stone)

Turn left at the roundabout for A520 (Leek)

After approx. 1.5 miles turn left at the traffic lights for the A5272 at the brown sign for "Park Hall Country Park"

After approx. 0.75 miles turn right into Hulme Road at the brown sign for "Park Hall Country Park"

Follow the road for approx. 200 yards where marshals will greet you and direct you to the car parks

From A50 heading west towards Stoke-on-Trent

When the speed limit drops from national to 50 you are approx. 0.5 mile from the turning

Take the exit for A520 (Leek/Stone)

Turn right at the roundabout for A520 (Leek)

After approx. 1.5 miles turn left at the traffic lights for the A5272 at the brown sign for "Park Hall Country Park"

After approx. 0.75 miles turn

right into Hulme Road at the

brown sign for "Park Hall

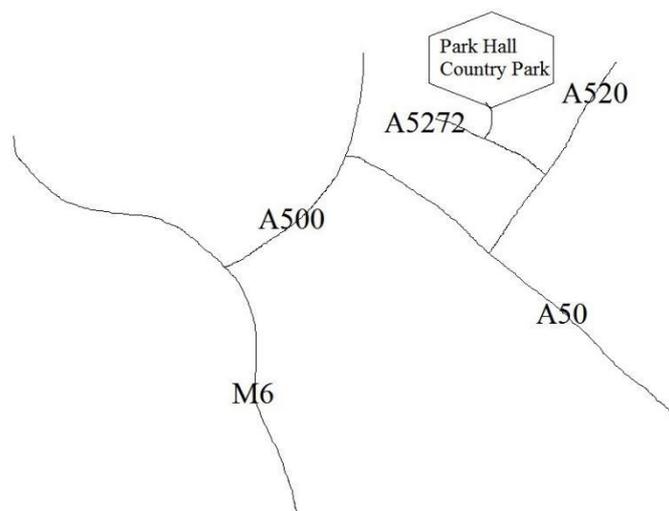
Country Park"

Follow the road for approx. 200

yards where marshals will

greet you and direct you to the

car parks



Car parking and toilets

Car parking is very limited, so please car share

Marshals will direct you to the car parks. P1 and P2 are for cars, P3 is for dropping off of club tents (please then return to P1 or P2 to park), and for mini buses.

Please do not travel by coach, or if doing so, arrange somewhere else to park. Coaches/buses will NOT fit along Hulme Road or in the car parks

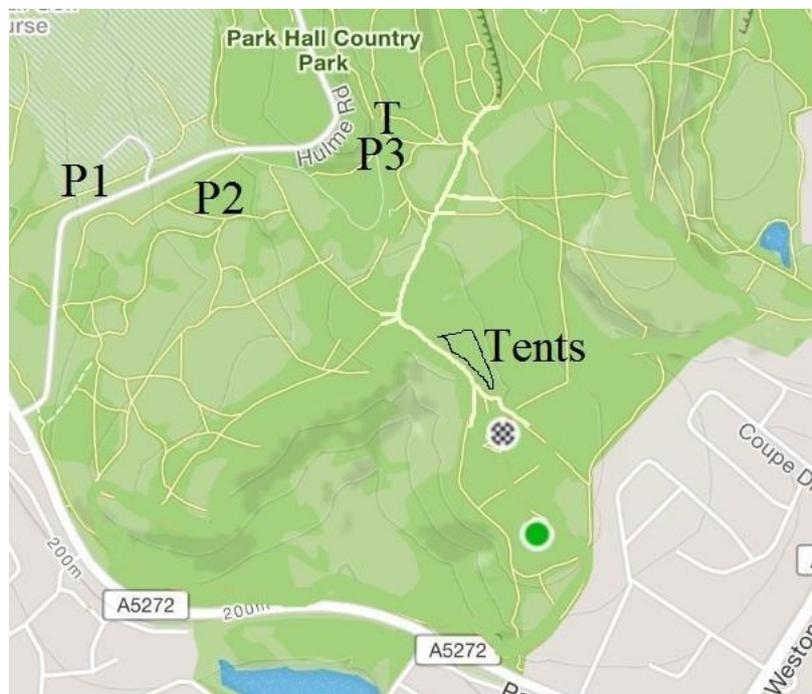
Toilets are at T

Club tents and registration are near to the finish

Unfortunately we do not have changing facilities (except for using the toilets)

Hopefully there will be a small mobile coffee shop on site

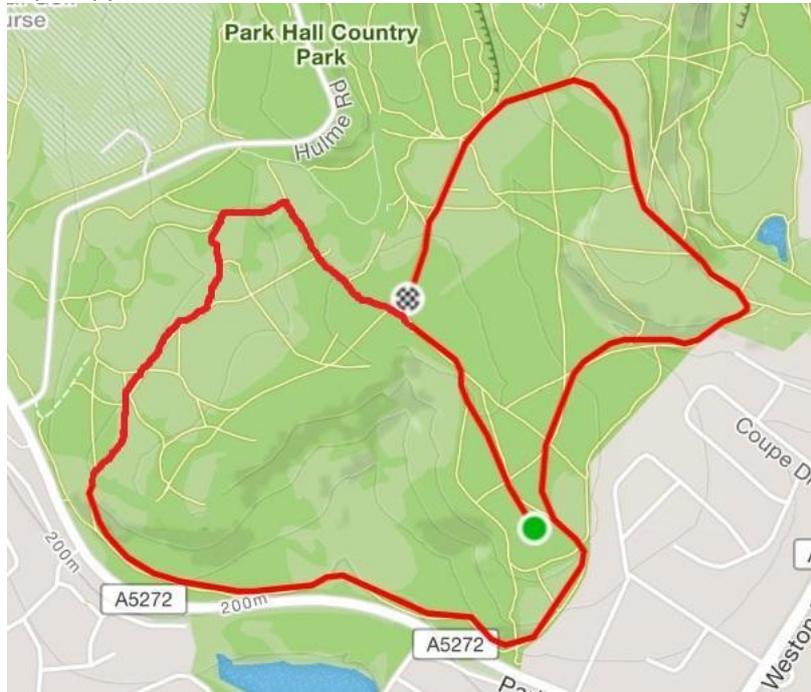
First Aid will be provided by Jola Medical.



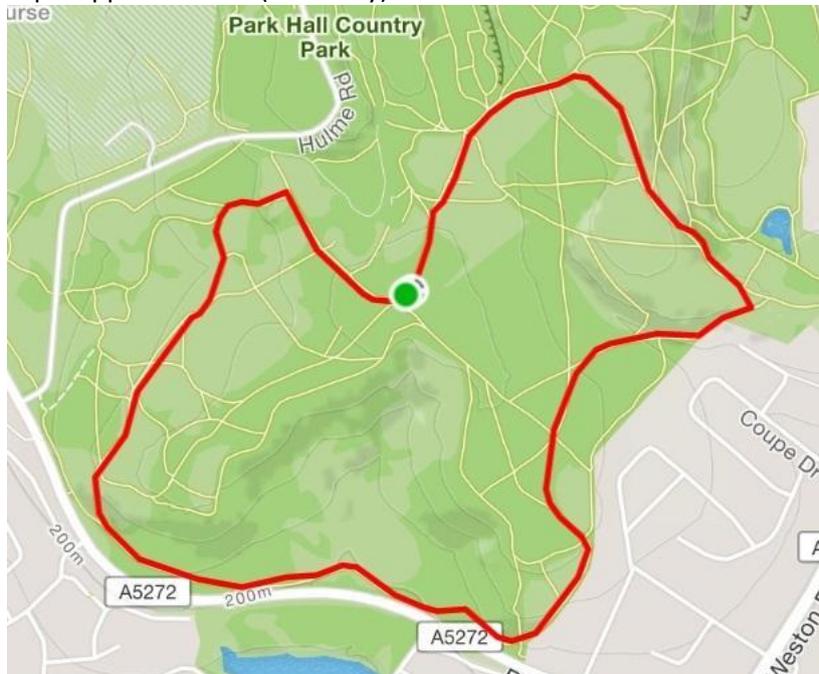
Course

The course is approx. 4.4 miles for women (2 laps) and 6.4 miles for men (3 laps) and largely on trails around the country park. There will be mud, harder rockier ground, grass and also soft ground in the woods. There is no tarmac. Some people prefer spikes, others trails. We suggest you bring both and walk the course beforehand to make a decision

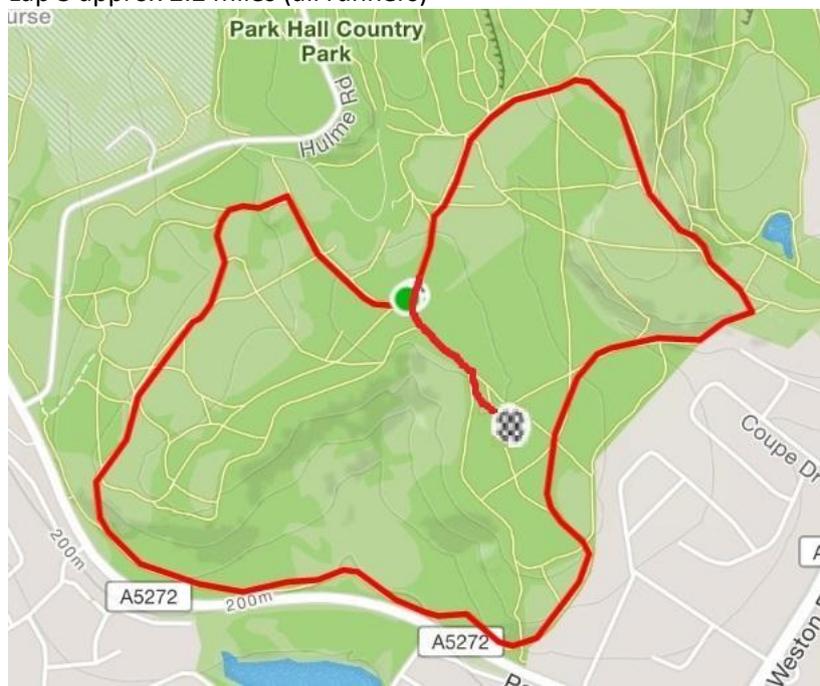
Lap 1 approx 2.2 miles (all runners)



Lap 2 approx 2 miles (men only)



Lap 3 approx 2.2 miles (all runners)



The course will be signed and marshalled. Look out for physical direction signs, sawdust and arrows sprayed on the ground. Please follow marshals' instructions