Trentham Running Club
www.trenthamrunningclub.co.uk

BIRMINGHAM & DISTRICT INVITATION CROSS COUNTRY LEAGUE

Women's League Division 2
Men's League Division 3

12th November 2022

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

Ladies Race start: 1:30pm
Mens Race start: 2:30pm

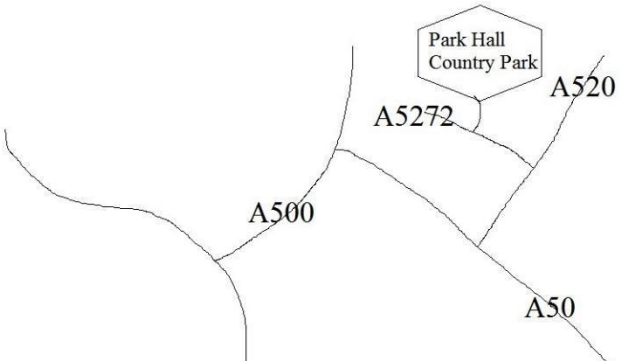
Contact: Mark Gibson mjg@mgibson.co.uk 07929 010508 (please do not ring on the day of the race except in a medical emergency)

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

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.

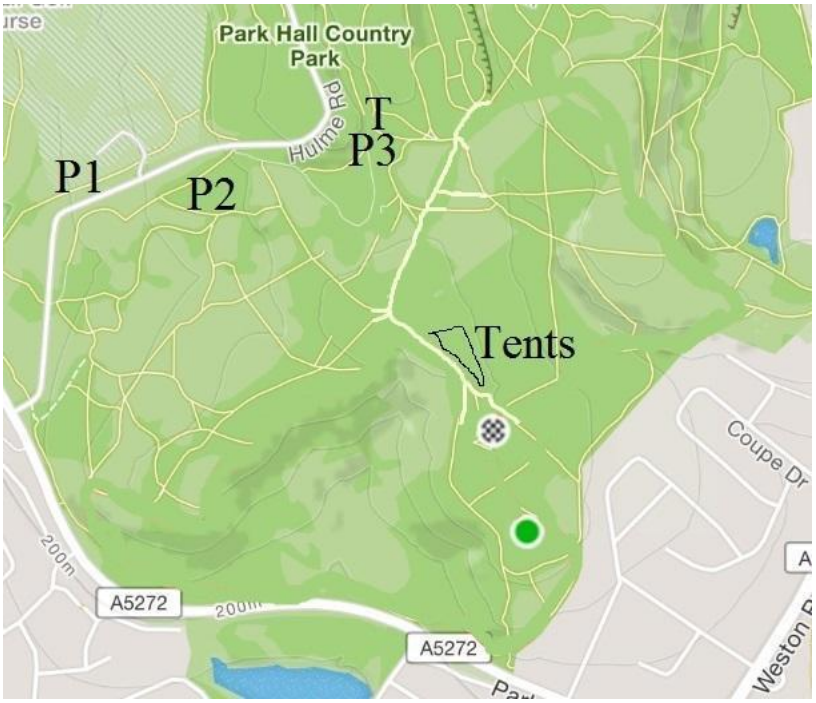
Please do not travel by coach, or if doing so, arrange somewhere else to park. Coaches/buses will NOT fit along Hulme Road or in the car parks

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)

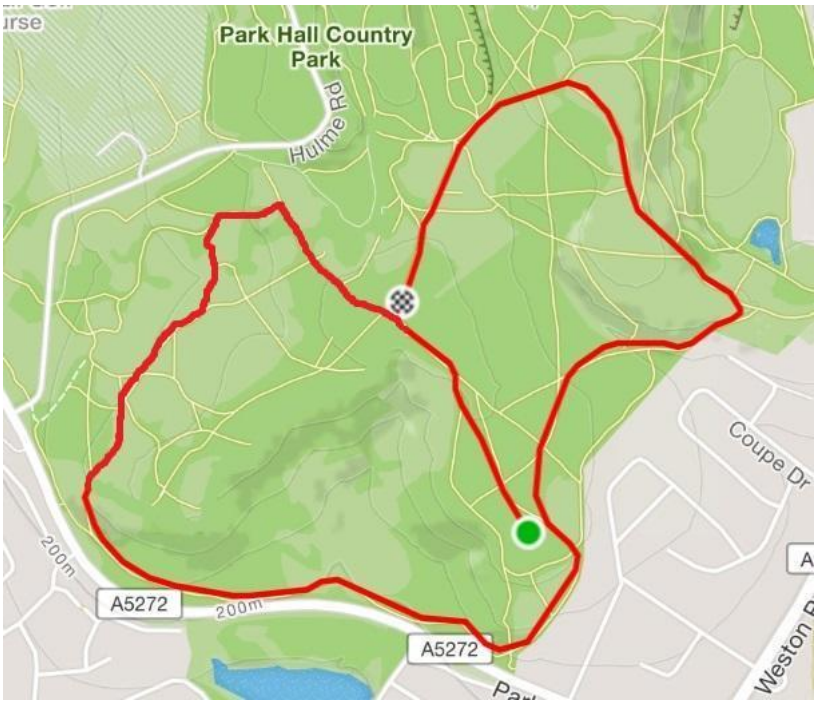
First Aid will be provided by Gator Medical.



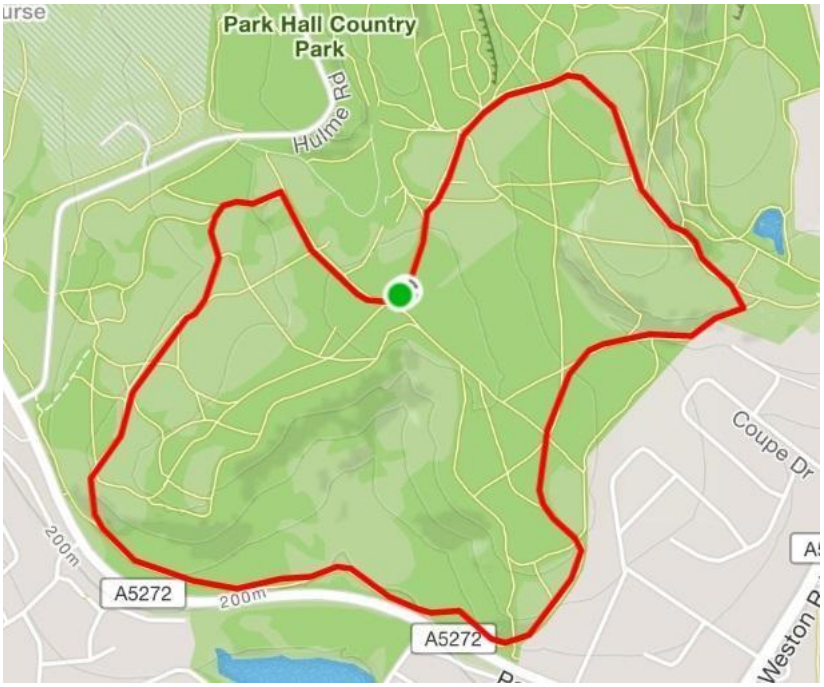
Course

The course is approx. 6.4 miles 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



Lap 2 approx 2 miles



Lap 3 approx 2.2 miles



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