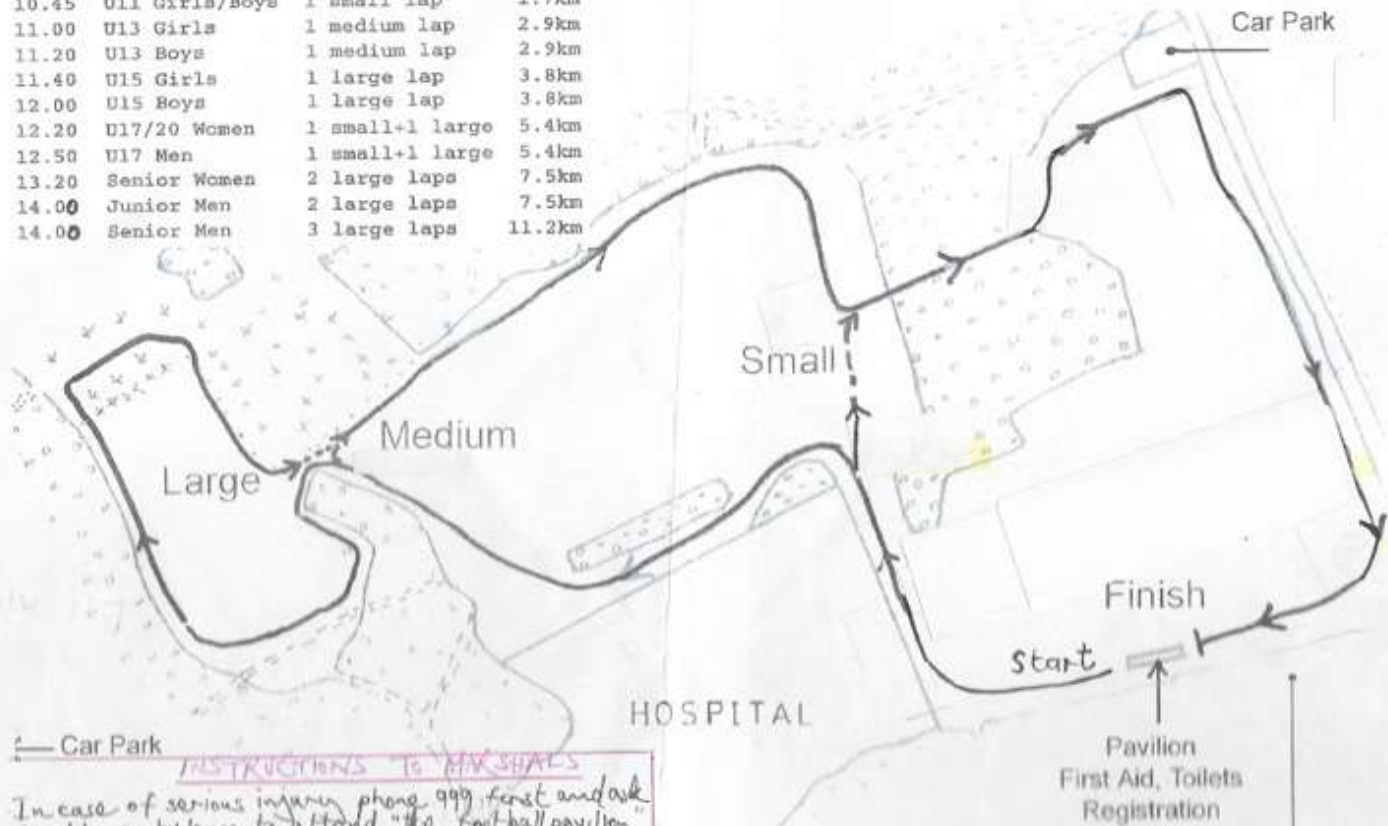


Short lap 1.6km Medium lap 2.8km Large lap 3.7km

10.45	U11 Girls/Boys	1 small lap	1.7km
11.00	U13 Girls	1 medium lap	2.9km
11.20	U13 Boys	1 medium lap	2.9km
11.40	U15 Girls	1 large lap	3.8km
12.00	U15 Boys	1 large lap	3.8km
12.20	U17/20 Women	1 small+1 large	5.4km
12.50	U17 Men	1 small+1 large	5.4km
13.20	Senior Women	2 large laps	7.5km
14.00	Junior Men	2 large laps	7.5km
14.00	Senior Men	3 large laps	11.2km



← Car Park

INSTRUCTIONS TO MARSHALS

In case of serious injury phone 999 first and ask for the ambulance to attend "the football pavilion" (postcode CH44 0UG) at Arrowe Park.

Parking is also possible in the marked area on Arrowe Park Road. The waiting restrictions only apply on week-days.