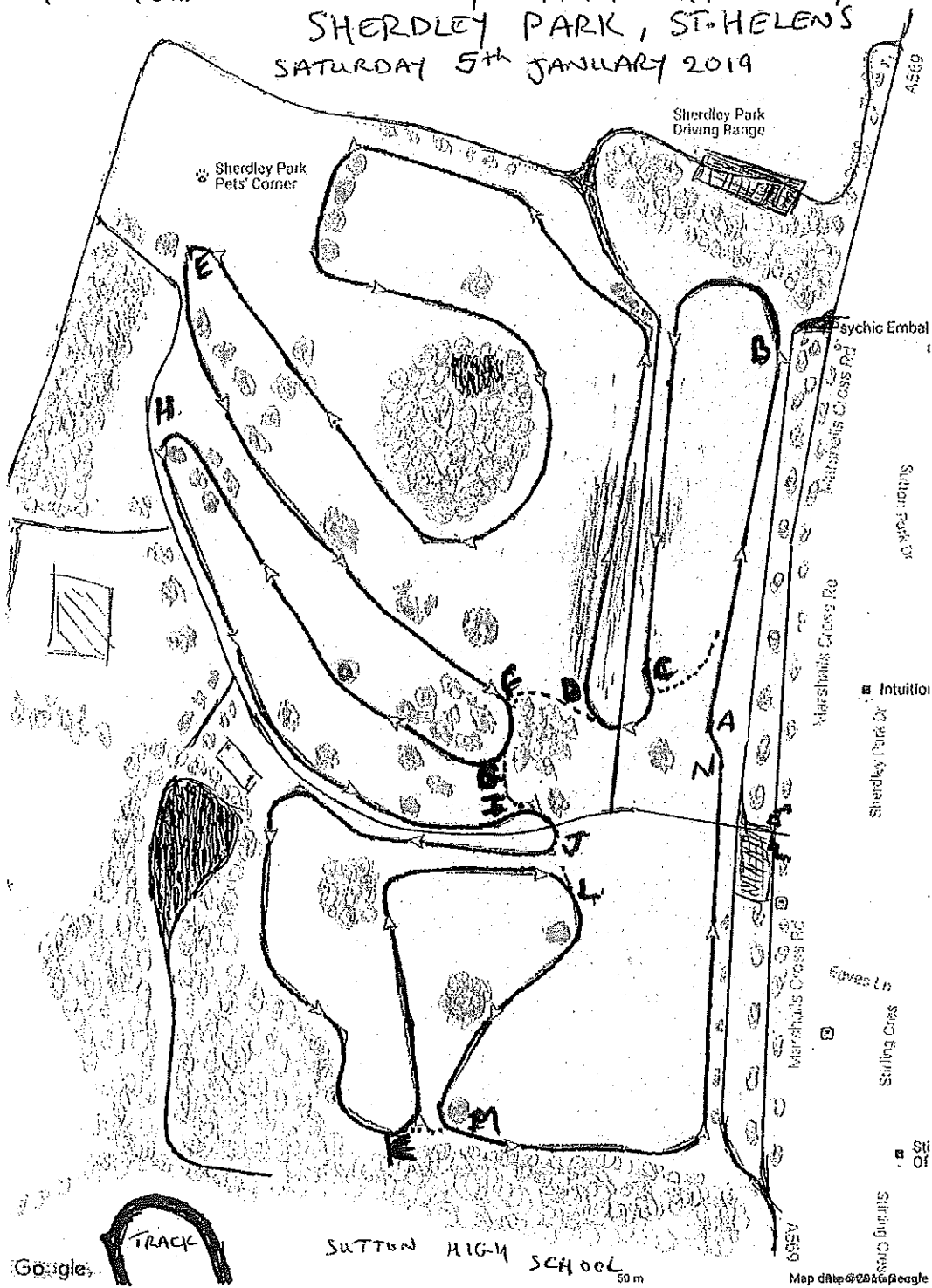
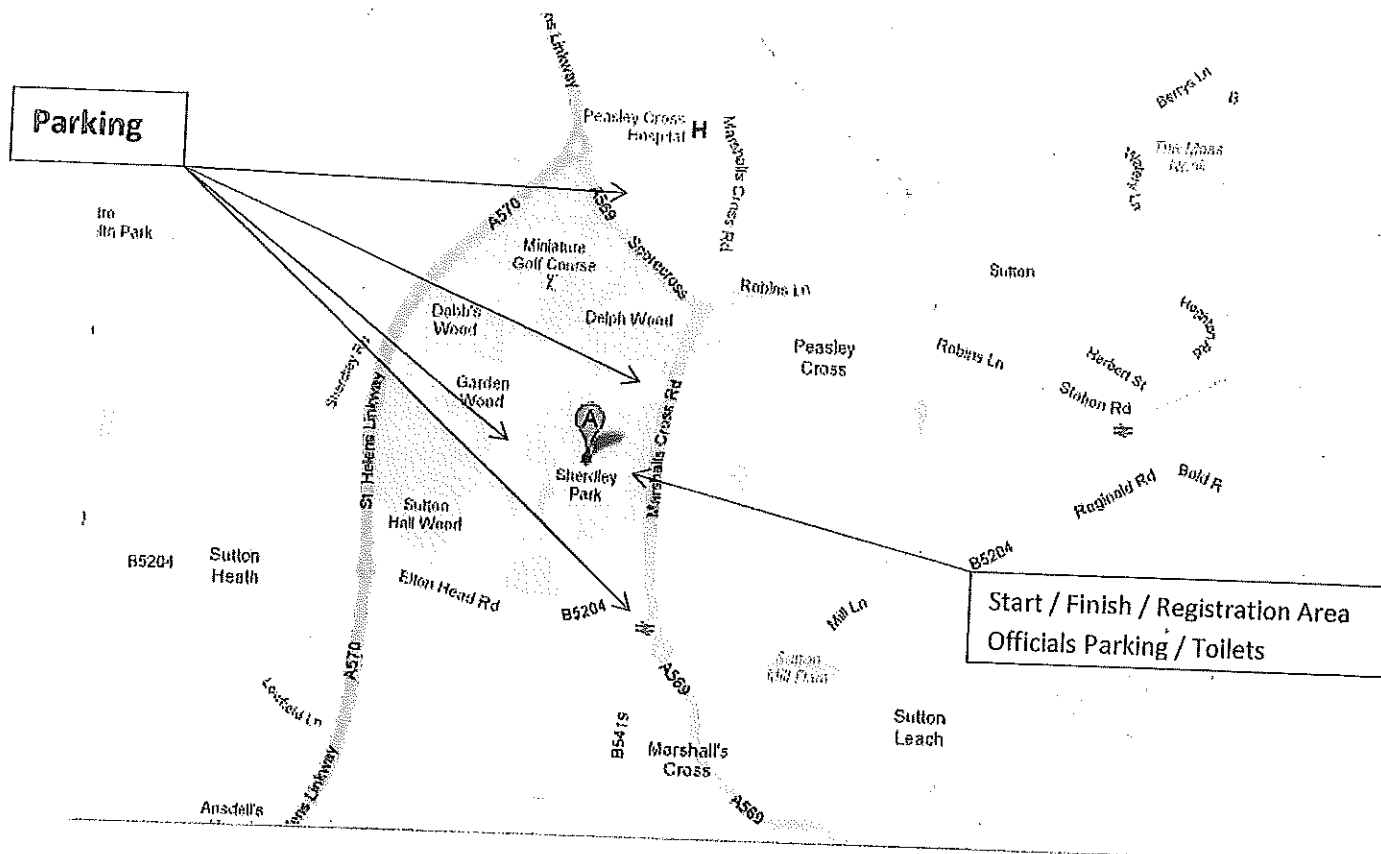


MERSEYSIDE CROSS COUNTRY CHAMPIONSHIPS 2019  
 SHERDLEY PARK, ST. HELENS  
 SATURDAY 5th JANUARY 2019



Category	Distance	Start Time	Routes
BOYS/GIRLS 9+10	1.5K	10:45	A B C D F G I J K M N
GIRLS U13	3K	11:00	A B C D E F G H I J K M N
BOYS U13	3K	11:20	A B C D E F G H I J K M N
GIRLS U15	4K	11:40	A B C D E F G H I J K L M N
BOYS U15	4K	12:00	A B C D E F G H I J K L M N
WOMEN U17/U20	4.5K	12:20	A B C B C D E F G H I J K L M N
MEN U17	4.5K	12:50	A B C B C D E F G H I J K L M N
SENIOR WOMEN	8K	13:15	A B C D E F G H I J K L M N (x2)
U20 MEN	8K	14:00	A B C D E F G H I J K L M N (x2)
SENIOR MEN	12K	14:00	A B C D E F G H I J K L M N (x3)



### SHERDLEY PARK

#### **Venue and Parking Information:**

Sherdley Park, St Helens is very easy to find. From the M62, leave the Motorway at Junction 7 and exit the roundabout on A570 St Helens Linkway. At the next roundabout turn right into Elton Head Road.

There are several possible parking areas:

- Approximately 200 metres after leaving the Linkway on your left (and before the entrance to the distribution centre on your right) is an entrance to the park. Turn into this road and park in the playground car park. You will need to walk through the centre of the park (400 metres) to reach the start and finish point.
- Further down the road from the Linkway is the Sports Centre car park. Parking is not permitted here as the Centre has its own function requiring all available parking. There are toilet and changing facilities here but there will be a charge.
- Additional parking can be found at the Golf Range. To reach this, travel to Marshall's Cross Road lights and turn left. The Golf Range is on the left. Walk 200 metres back to the registration area.
- Finally, there is a car park at Lea Green railway station opposite the Sports Centre. However, we do not know if conditions apply.

*Please note that parking is **NOT** available in the small parking area near the registration area.*