*MANCHESTER AREA*

*CROSS COUNTRY LEAGUE*

***MATCH THREE, SUNDAY 8th DECEMBER***

***FIRST RACE 12 NOON***

*Arrowe Country Park, Wirral*

Arrowe Park Road, Wirral, CH49 5LP,

*About 1 Mile from Junction 3 M53*

*Boundaries include:*

*A551 Arrowe Park Road & Arrowe Brooke Road*

***Car parking (free) is available at the car park off Arrowe Park Road, CH49 5LW and the car park off Arrowe Brooke Road (£1 upto 2 hours, £2 all day) CH49 1SX.***

***Additional on road parking is available in the Woodchurch area (between the M53 and Arrowe Country Park).***

***Please observe the resident only restrictions within approximately ½ mile of Arrowe Park Hospital – you will get a parking ticket!***

***There is very limited parking on Arrowe Park Road adjacent to the start/finish area.***

***By Car – Leave the M53 at Junction 3, follow signs for Arrowe Park Hospital.***

***By Public Transport – There are a number of bus services from Birkenhead to Arrowe Park Hospital from which the park is a short walk, please check ArrivaBus for times.***

***There are toilets and changing facilities in the pavilion in Arrowe Park at the start / finish area.***

***Please pitch club tents in the allocated area between the pavilion and the tent drop off area on Arrowe Brooke Road. It is essential that we do not damage the football pitches - these will be marked as ‘OUT OF BOUNDS’.***

***PLEASE DO NOT LEAVE ANY RUBBISH.***

***There is a cafe located by the main (free) car park on Arrowe Park road, this will be open all day selling drinks and hot food.***

**Enjoy the day**

**Wirral Athletic Club**