



Stainland Cross Country
9/1/2011

Venue – Stainland Recreation Ground, Stainland Road, HX4 9HS (Just near the Red Lion Pub).

Time – 10.30am

WYWL Course – The WYWL league course is a new course for the 2010/11 season and covers approximately 4.5 miles. The course starts on Stainland Recreation Ground and takes the runners over a variety of tracks and fields around Stainland. The course is a two lap course and consists of one long lap and one shorter lap. The course covers most terrains so it would be advisable to wear trainers with good grip (trail or fell).

There are 3 stiles to cross which could be slippery when wet, so please take real care when using them. There is also a short road section of about 30 yards, and although the runners will not need to cross the road, there is no pavement. It will be fully marshalled, but runners are asked to stick to the right hand side of the road.

We have negotiated a special agreement with a local farmer to take down part of his fence and cross his land for race day only, so runners **should not** receive the course beforehand.

Parking – There are some parking spaces around Stainland recreation ground, however the majority of competitors will have to park in the village. We hope to have access to park at Bowling Green School and marshals will be on hand to direct people.

Facilities – We will have access to the Red Lion Pub from 9:30, which we will also use for the results. Runners and supporters will be able to use the toilet there and we've made arrangements to serve tea and coffee and some food (Sandwiches and cakes etc) for a small cost.