

Mid-Lancs Cross Country League

Information for Worden Park, Leyland; Saturday 17th January 2009

(information at 2/12/08)

Car Parking

Cars should be parked at Runshaw College, off Langdale Rd. Should the car park be full, please park considerately in surrounding streets. There is no parking for competitors or spectators at the car park in Worden Park and cars should not be taken into the park. Tesco car park can be used too but they have indicated that the car park only be used as a backup on what is a busy shopping day.

Keeping the Park Tidy!

Please take away your rubbish, plastic bottles, etc. Permission has been granted on the understanding that we keep the park tidy.

Club Tents

Tents should be placed in the designated area near the Towngate path and away from the race routes.

Please be aware that there are other park users and that there are likely to be football matches taking place within the park too. Please do not warm up on any of the nearby pitches! Please take care when crossing any of the minor roads when running on the courses.

The Courses

The routes are the same as in recent years cross country events hosted by Red Rose Runners, so there are no surprises for this event! All routes noted on the separate sheet / map "XC Course Worden Park". Please run on the outside of the markers, keeping them on your left-hand side.

- Race 1 – U11 girls @ 12.30 pm
- Race 2 – U11 boys @ 12.45 pm

From the start to Point A, running then alongside Towngate, switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and alongside the Avenue to the finish

- Race 3 – U13 girls @ 1.00 pm

From the start to Point A, crossing Towngate to Point C, running alongside the car park and park perimeter near Worden Lane to cross Towngate. Switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and alongside the Avenue to the finish

- Race 4 - U13 boys / U15 girls @ 1.20 pm

From the start to Point A, crossing Towngate to Point C, crossing the link road to the car park, continuing to Point E along the Avenue, heading for the park perimeter alongside Worden Lane, then turning to run around the car park running alongside the car park and park perimeter to cross Towngate again

switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and alongside the Avenue to the finish

- Race 5 - U15 boys / U17 women @ 1.40 pm

Two laps of the same circuit - from the start to Point A, running then alongside Towngate, switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and alongside the Avenue turning in, to run through the start area. Repeating the whole circuit for the second lap but in to the finish area

- Race 6 – U17 men / Junior & Senior Women @ 2.00 pm

From the start to Point A, running then alongside Towngate, switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and crossing The Avenue to immediately pass point D, through some trees and then open land. Drop down to & cross the stream and run alongside it. Re-cross the stream and climb a grassy bank to go round the edge of the grassed area near the railway line near the park perimeter. Cross the Avenue to Point E, heading for the park perimeter alongside Worden Lane, then turning to run around the car park. Run alongside the car park on the other side, and park perimeter, near Worden Lane. Cross Towngate switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and then alongside the Avenue to the finish.

- Race 7 – Junior / Senior / Vet Men @ 2.30 pm

From the start to Point A, crossing Towngate to Point C, running alongside the car park and park perimeter near Worden Lane to cross Towngate. Switching back around the lake and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and alongside the Avenue back through the start area.

From the start area, to Point E along the Avenue, heading for the park perimeter alongside Worden Lane, then turning to run around the car park again and park perimeter to cross Towngate again around the lake and towards Parkgate Drive again on the perimeter of the park, then turning for Point B and crossing The Avenue to immediately pass point D & go through some trees and then open land.

Drop down to & cross the stream and run alongside it. Re-cross the stream and climb a grassy bank to go round the edge of the grassed area near the railway line near the park perimeter. Cross the Avenue to Point E, heading for the park perimeter alongside Worden Lane, then turning to run around the car park for the last time! Run alongside the car park on the other side, and park perimeter, near Worden Lane. Cross Towngate switching back around the lake for the final time and heading towards Parkgate Drive on the perimeter of the park, then heading to Point B and then alongside the Avenue to the finish...