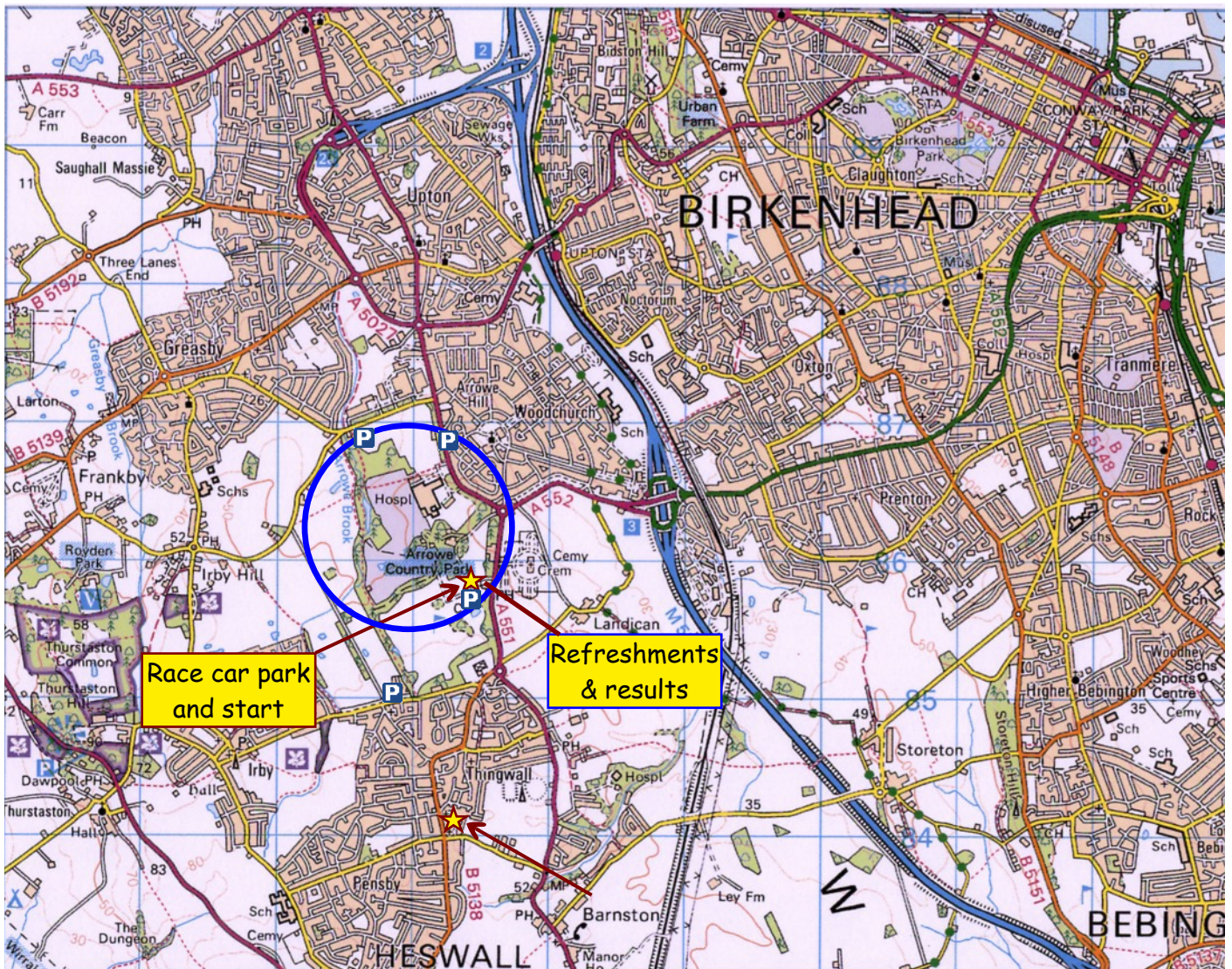


# CROSS-COUNTRY RACE

ARROWE PARK - 10.00 am, Sunday, December 15th, 2019



From M53 Junction 3 take the A552 towards Upton / West Kirby / Heswall / Hospital.

At lights turn left onto A551 for Heswall / Thingwall.

At second lights turn right into Arrowe Park at Toby Carvery Arrowe pub.

Refreshments are in the Red Rooms Cafe at the entrance to Arrowe Park next to Toby Carvery.

**P**

football pitches

From Start, one and a half anti-clockwise laps of loop A followed by two laps of B then to Finish. 4.7 miles mainly grass, suitable for spikes.

Arrowwe Park  
Hospital grounds

**B**

**A**

**Finish**

**Start**

**P**

Car parking

Park entrance,  
Red Rooms Cafe  
&  
Toby Carvery pub

A551

