



05 March 2019

Dear Team Manager

**Northern Athletics**  
**Men's 12 Stage, Ladies 6 Stage &**  
**Young Athletes 5K Championships 2019**  
**24<sup>th</sup> March,**  
**Birkenhead Park, Wirral, Merseyside CH43 8SQ**

Thank you for your entry to the above event.

Enclosed with this letter you should find a timetable, directions and parking information, an area map and a course map. Athlete registration will be open from 9.30am and is in Birkenhead 6<sup>th</sup> Form College which can be accessed from Park Road West

Yours faithfully

**Judith Temperton**  
Northern Athletics

**Timetable (see associated course map)**

Race	Time	Distance	Laps
U15 Boys	11:00	5K	Start – A – B – E – F – H – I – Through lap – A – B – C – D – E – F – H – I - Finish
U15 Girls	11:04	5K	AS ABOVE
U17 Men	11:25	5K	AS ABOVE
U17 Women	11:29	5K	AS ABOVE
Senior Men	12:00	4K approx 8K approx	Short Lap Start – A – B – C – D – E – F – G – H – I – Finish Long Lap Start - A – B – C – D – E – F – G – H – I – J - A – B – C – D – E – F - G - H – I - Finish
Senior Women	12.15	4K 8K	Short Lap Start – A – B – C – D – E – F – G – H – I – Finish Long Lap Start - A – B – C – D – E – F – G – H – I – J - A – B – C – D – E – F - G - H – I - Finish

**Travel to Birkenhead Park.**

If you have Sat Nav please use Post Code CH43 8SQ for directions to the athlete registration area in Birkenhead 6<sup>th</sup> Form College. For those that don't have Sat Nav please follow the directions below.

- Vehicles travelling north on M53 use Junction 1 signposted A5139 All Docks then stay in the right hand lane until reaching the roundabout. Turn right onto Wallasey Bridge Rd and continue until you reach the next lights. Take 2<sup>nd</sup> left onto A553, Laird St. Continue for about ½ mile passing Aldi then turn right onto A5027 Park Road North. Continue past Birkenhead Park Rugby Club and turn left immediately into Park Rd West after Claughton Medical Centre. The 6<sup>th</sup> Form College is on the right.
- Vehicles travelling from Liverpool should use the Wallasey Kingsway Tunnel. On exiting the toll booths (£1.70) keep over to the left and go up the exit ramp to the roundabout, turn left onto Gorsey Lane. Carry straight on at the traffic lights and then continue across the roundabout staying on Duke street. Pass Birkenhead Park Station on the right then turn right at the next lights onto the A553 Park Road North. Pass the park on the left then turn left into A5027 Park Road North. Continue past Birkenhead Park Rugby Club and turn left immediately into Park Rd West after Claughton Medical Centre. The 6<sup>th</sup> Form College is on the right.
- Journey time from the M53 or from the Mersey Tunnel should only be about 5 minutes.

**Car Parking**

There is no car parking available to athletes at Birkenhead 6<sup>th</sup> Form College.

There is a limited amount of parking available around the perimeter of Birkenhead Park. To avoid driving round the park looking for a space it is advisable to use the large free park & ride at Birkenhead North railway station and walking up to the venue – approx 1 mile (15–20 min walk). Please be aware that there is a height restriction at the entrance to the car park of 2.1metres (6'10").

There is also a large pay & display car park at Conway Park railway station (20-25 min walk). Charges are £3.20 for cars (over 3 hrs) or £5.00 for coaches. There is no height restriction