

U.K. Counties Athletic Union

President: Peter Matthews



It's all good.



J.G.R.Mower
188 Hadleigh Road
Ipswich
Suffolk
IP2 0DH
Tel 01473 216289

16th February 2010

Dear Colleague

Thank you, for your Entries to the above Championships.

I enclose details of how to get to Cofton Park and parking arrangements (map included), also details of limited changing.

Please note that **ELECTRONIC CHIP TIMING** will be used again this year for all races. Please can you or your athletes pick up their numbers with their electronic chip from the Registration Tent marked No.8 on site map. Then all athletes **MUST** go through the **START MARQUEE** to be checked that the chip is fitted on their ankle before they enter into the start area.

NOTE: This year Chips & Nos. for the first 5 races will be available from 9.00 am. However Chips & Nos. for the last 5 races will be available from 11.00 am.

NOTE: If you have an Athlete with any Medical Problems could you please ask them to write their condition on the back of their race number and also a contact phone number. Also, a form will be available for team managers to leave a mobile contact number in the registration tent.

Please note that the event will again be televised live on BSKYB.

Programme:

11:05am	U20 Men	8000M
11:33am	U13 Boys	3000M
11:51am	Senior Women	8000M
12:23pm	U15 Boys	4500M
12:42pm	U17 Women	5000M
13.08pm	U20 Women	6000M
13:33pm	U13 Girls	3000M
13:53pm	U17 Men	6000M
14:15pm	U15 Girls	4000M
14:36pm	Senior Men	12000M

I look forward to meeting you all at the Championships on 13th March 2010

Yours in Sport

JRM
Joe Mower
Cross County Secretary

DIRECTIONS TO COFTON PARK

Postcode B45 8UN

Cofton Park is situated in the South West of Birmingham in Longbridge close to (opposite) the Nanjing Automobile Corporation (ex-Rover) works in Lowhill Lane.

The Park is bordered by Lowhill Lane, Groveley Lane and Lickey Road.

From M5

Leave the Motorway at Junction 4 and take the A38 Birmingham Road (later becomes Bristol Road) towards central Birmingham. After approximately three miles you will reach a roundabout. Take the 2nd exit (right) into Lickey Road. (The 1st exit (left) is a continuation of the A38). Continue along Lickey Road and take the first road on the left which is Lowhill Lane.

From M42

Leave the Motorway at Junction 2 and take the A441 Redditch Road (later becomes Birmingham Road) towards Birmingham. Follow the road over the canal and up the hill. After approximately two miles you will come to a small roundabout. Take the 1st exit (left) into Longbridge Lane. After about 500m you will come to another roundabout. Take the 1st exit (left) into Groveley Lane. Continue along Groveley Lane and shortly after going over the railway turn right into Lowhill Lane.

From Birmingham

Follow the A38 (Bristol Road out of Birmingham). Shortly after Longbridge Lane (on left and will be signed for Longbridge railway station) you will come to a roundabout. Take the 1st exit (straight on) into Lickey Road. Continue along Lickey Road and take the first road on the left which is Lowhill Lane.

Rail

The nearest Rail Station is Longbridge which is approximately one mile away from the course. After leaving the station turn right into Longbridge Lane and continue to the junction with the A38 Bristol Road (about 400m). Turn left then continue straight on into Lickey Road as above

"From Birmingham".

Bus

Take the No. 62 bus from New Street Station, Priory Queensway Bus Mall or Corporation Street. The bus passes very close to the park. Ask the driver for the correct stop.