

North Staffordshire Cross Country League Race 1 at Apedale Country Park, Newcastle-under-Lyme

The first race in the popular North Staffordshire Cross Country League is held on Saturday 8th October at Apedale Country Park. Please find below the timetable and travel instructions. The course is not suitable for spikes, with the stone paths (similar to those at Park Hall). The going is expected to remain firm. The height difference of the course is around 60 meters.

We, the Juniors, will leave Buxton Community School, Temple Road, at **11.15**.

Time Table

<i>Age Category</i>	<i>Start Time</i>
U11 Girls	13.00
U13 Girls and U11 Boys	13.15
U15 Girls and U13 Boys	13.30
U17 Girls and U15 Boys	13.45
U20 Women, Senior Women, Women V35+ and U17 Boys	14.00
U20 Men, Senior Men, Men V40+	14.35

Travel Directions

<i>Travel miles</i>	<i>Instructions</i>	<i>To take</i>	<i>Total miles</i>
0.00	Start out at Buxton	A53	0.00
9.71	Continue forward onto the A53. Entering Blackshaw Moor	A53	9.71
1.56	Continue forward onto Buxton Road – A53. Entering Leek	A53	11.27
1.13	Continue forward onto Stockwell Street (signposted Macclesfield)	A523	12.40
0.25	Turn left onto St Edward Street – A520 (signposted Stone)	A520	12.65
0.17	At traffic signals turn right onto Broad Street – A53 (signposted Stoke)	A53	12.82
1.86	Continue forward onto Ladderedge – A53. Entering Longsdon	A53	14.69
1.90	Continue forward onto the A53. Entering Endon	A53	16.59
1.86	Continue forward onto Leek New Road – A53. Entering Stoke on Trent	A53	18.44
1.16	Baddeley Green	A53	19.60
0.87	"The Holden Bridge" public house	A53	20.47
0.83	Turn right onto North Road – B5050 (signposted Burslem, Tunstall)	B5050	21.30
0.65	At traffic signals turn right onto Waterloo Road – A50 (signposted Burslem A50)	A50	21.94
0.22	At traffic signals turn left onto Market Place – B5051 (signposted Newcastle A53)	B5051	22.16
0.17	At roundabout take the 2nd exit onto Newcastle Street – B5051 (signposted Newcastle A527)	B5051	22.34
0.21	Middle Port	B5051	22.55
0.34	At roundabout take the 1st exit onto Newcastle Street – A527 (signposted Motorway M6, Newcastle)	A527	22.89
0.38	At roundabout take the 2nd exit onto Porthill Bank – A527 (signposted Newcastle) Entering Newcastle-under-Lyme	A527	23.27
0.43	At roundabout take the 2nd exit onto Watlands View - B5370	B5370	23.70
0.35	Turn right onto Dimsdale Parade East - B5369	B5369	24.04
0.54	At roundabout take the 2nd exit onto Wolstanton Road – B5369 (signposted Chesterton)	B5369	24.59
0.37	At roundabout take the 2nd exit onto Loomer Road		24.96
0.04	Finish on Loomer Road, Newcastle		25.00