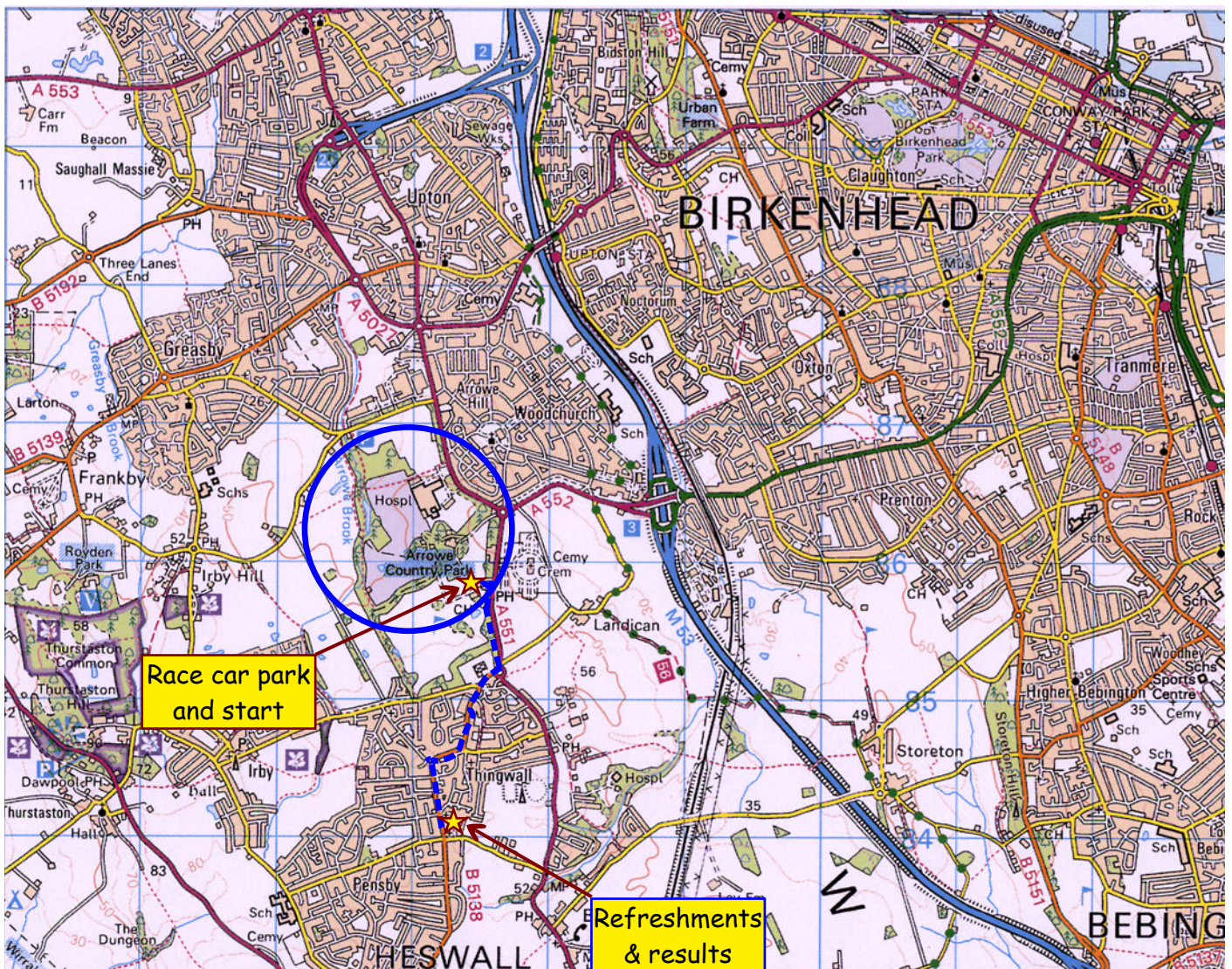


CROSS-COUNTRY RACE - ARROWE PARK 2009

PENSBY RUNNERS



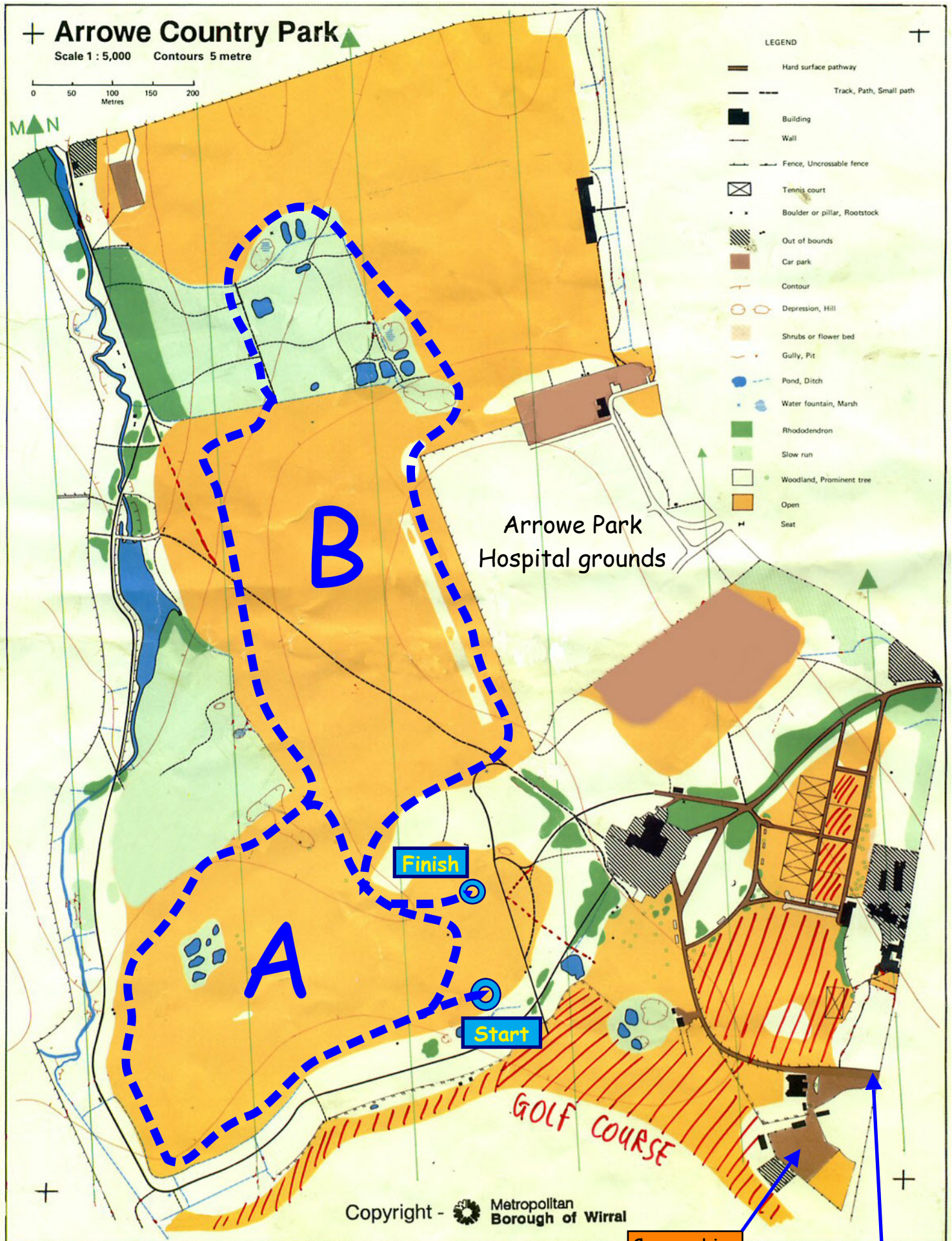
From M53 Junction 3 take the A552 towards Upton / West Kirby / Heswall / Hospital.

At lights turn left onto A551 for Heswall / Thingwall.

At second lights turn right into Arrows Park at Cherry Orchard pub.

Route marked on map to Pensby Recreational Centre for refreshments and results.

Turn right onto A551 to mini-roundabout. Turn right onto B5138 for Pensby and Heswall. Pass the Pensby Hotel on the right and the Centre is on the left before the traffic lights. Turn into large car park through gate in white fence.



From Start, one lap of loop A followed by two laps of A and B combined then to Finish. Mainly grass, suitable for spikes

Car parking

Park entrance & Cherry Orchard pub