



**Northern Athletics**  
**Cross Country Championships 2016**  
**30<sup>th</sup> January,**  
**Witton Park, Blackburn**

**Timetable**

<b>11.00</b>	<b>Under 17 Womens Championship</b>	<b>4.7 Km</b>
<b>11.25</b>	<b>Under 15 Boys Championship</b>	<b>4.2 Km</b>
<b>11.45</b>	<b>Under 15 Girls Championship</b>	<b>4.2 Km</b>
<b>12.10</b>	<b>Junior Womens Championship</b>	<b>5.5 Km</b>
<b>12.40</b>	<b>Under 13 Girls Championship</b>	<b>3.1 Km</b>
<b>12.55</b>	<b>Under 17 Mens Championship</b>	<b>5.5 Km</b>
<b>13.25</b>	<b>Under 13 Boys Championship</b>	<b>3.1 Km</b>
<b>13.40</b>	<b>Junior Mens Championship</b>	<b>7.7 Km</b>
<b>14.15</b>	<b>Senior Womens Championship</b>	<b>7.7 Km</b>
<b>15.05</b>	<b>Senior Mens Championship</b>	<b>12 Km</b>

***BE THERE AN HOUR BEFORE YOUR RACE TIME***

**Directions to Witton Country Park  
BB2 2TP  
(Blackburn)  
By road**

**From the North**

- 1 Leave the M6 at Junction 30.
- 2 Join the M61
- 3 Take the M65 Eastbound towards Blackburn
- 4 Leave the motorway at Junction 3
- 5 From M65 J3 follow 'Blackburn' sign to 'T' junction
- 6 Turn right on A674
- 7 Follow 'Witton Country Park' brown signs for 2.2 miles
- 8 Main entrance to park is on the left.  
(Coaches & minibuses)  
Car Park is on right  
(Competitors) – in an industrial estate.