

RYELANDS PARK CROSS-COUNTRY ON SATURDAY 29 FEBRUARY 2020

**NOTE PARKING IS AT LANCASTER & MORECAMBE COLLEGE
PLEASE DO NOT PARK ON TORRISHOLME ROAD**

All MLL competitors should use the BACK ENTRANCE to Lancaster & Morecambe College on TORRISHOLME ROAD at LA1 2TZ and not the front entrance on Morecambe Road.

Directions to Lancaster College back entrance.

Leave M6 at Junction 34, continue on to A683, Go through traffic lights towards Bay Gateway, at the roundabout take 1st exit and stay on Bay Gateway. At roundabout take 1st exit again and continue on Bay Gateway at Traffic lights get in left hand lane and turn on to Morecambe Road. Go past the front entrance to Lancaster and Morecambe College. At the Roundabout take 2nd exit (straight ahead). Turn left on to Penrhyn Road, at the end of Penrhyn Road turn left; follow the road to the back entrance of Lancaster and Morecambe College.

Walking directions from College to Ryelands Park.

Leave the car park at the College and turn right on to Torrisholme Road, keep on this road for approx ¾ mile. You will go under a railway bridge; the park is just on the right hand side.

PLEASE NOTE: AT RYELANDS PARK LANCS. & MORECAMBE AC IS HOPING TO SELL HOT DRINKS & SOME FOOD AND RUN DIRECT WILL HAVE THEIR SPORTS STALL. THERE WILL PORTABLE TOILETS HERE AND THE FIRST AID IN ATTENDANCE.
(All remaining un-returned trophies need to be brought to Registration and MLL Newsletters, Badges and Presentation bookings will on sale. Alternately, you can book for the Presentation online.)

DON'T FORGET TO BRING MONEY WITH YOU FROM YOUR CAR.