

Luton Athletic Club

Third Chiltern XC League 2019/20

Stopsley Common, St Thomas's Road, Stopsley, Luton LU2 7UX

7 December 2019

Unfortunately, we have had problems with the local council and the landowners this year and are unable to use the more challenging parts of the course for the longer races – which may please some of you! Consequently, most of the courses have altered from last year. Portable toilets are provided as well as male and female changing and showering facilities in two pavilions. Please pitch tents in the area adjacent to the finish funnel. Refreshments will be available in the middle pavilion. St. John's Ambulance will be in attendance. Parking will be on hard standing within the park or at Stopsley High School opposite the entrance to the common. The large new car park at the school has coach parking and is only 100m from the start and is recommended to avoid the narrow roads in the park particularly if you intend to leave early. Gates shut automatically at 4.30pm. Please avoid parking at the swimming pool. Hope you enjoy the day.

Routes to the common

From the M1 – Leave the M1 at J10 and follow the signs to the Hitchin. Crossing the traffic lights on Airport Way, take the right-hand lane, sign posted Hitchin (A505). At the fourth round- about turn right, keep to the left and take the next left into Stopsley village. At the War Memorial turn left into St. Thomas's Road and follow through to the common entrance.

From Hitchin (A505) – Turn right off the A505 into Stopsley Village. At the War Memorial turn right into St. Thomas's Road and follow through to the common entrance.

From Bedford (A6) – Approach Luton town centre, turn left into Stockingstone Road (cricket ground in front of you). At the top of Stockingstone Road filter left onto Hitchin Road. Follow Hitchin Road to the round-about keep to the left and take the next left into Stopsley village. At the War Memorial turn left into St. Thomas's Road and follow through to the common entrance.

Course Map and Timetable 2019

Time	Age group	Course	Distance
11.30	U11G	A,C,D,G to finish	1.9Km
11.45	U11B	A,C,D,G	1.9Km
12.00	U13G	A,B,C,D,F,G	2.8km
12.15	U13B	A,B,C,D,F,G	2.8km
12.30	U15G	A,B,C,D,E,F,G (1 large loop)	4.2km
12.45	U15B	A,B,C,D,E,F,G (1 large loop)	4.2km
13.00	U20/17 Ladies	A,C,G, A,C,D,E,F,G (1 small+1 large loop minus B)	5.0km
13.15	Senior Ladies	A,C,G, A,B,C,D,E,F,G, (1 small+1 large loop)	5.5km
13.40	U17 Men	A,C,G, A,B,C,D,E,F,G, (1 small+1 large loop)	5.5km
14.00	Senior/Junior Men	A,C,G, A,B,C,D,E,F,G, A,B,C,D,E,F,G, (1 small+2 large loops)	9.5km

