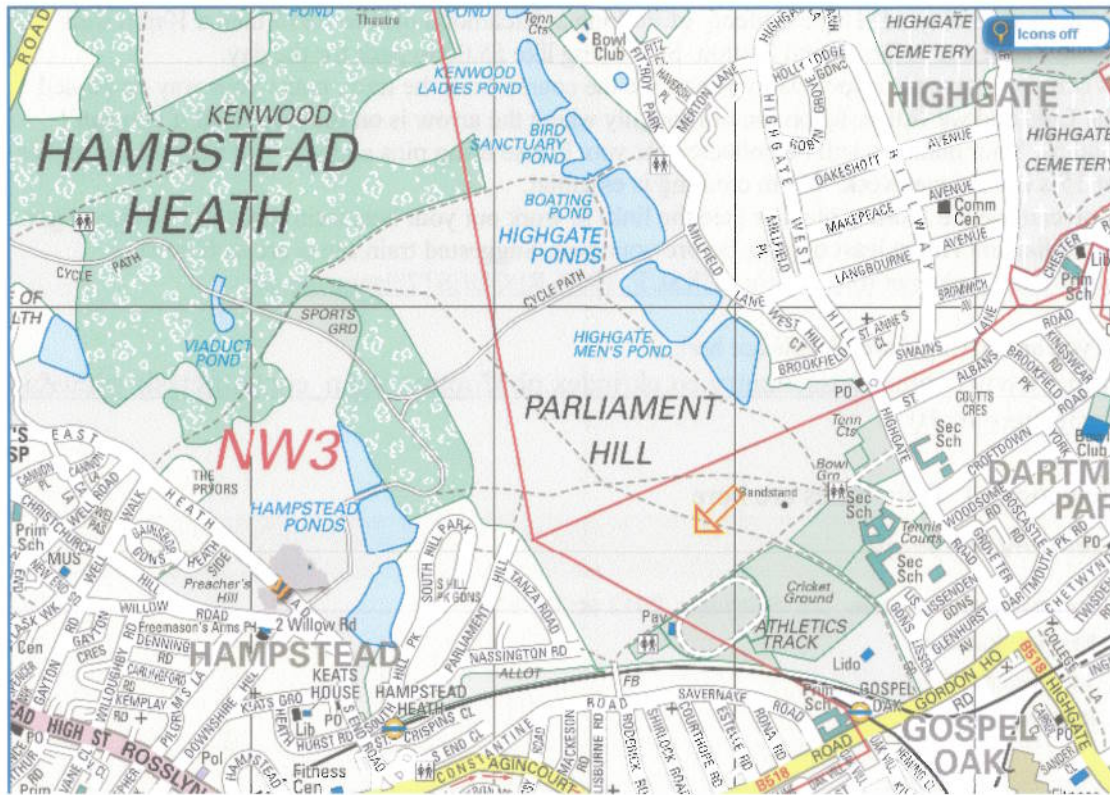


Winchester & District AC  
**The 125<sup>th</sup> National Cross Country Championships**  
**Parliament Hill Fields, North London**  
**Saturday 25<sup>th</sup> Feb 2012**



Timetable :

11 00AM.	UNDER 17 WOMEN CHAMPIONSHIP	5.0k.
11 25AM.	UNDER 15 BOYS CHAMPIONSHIPS	4.5k.
11 45AM	JUNIOR WOMEN CHAMPIONSHIP.	6.0k.
12 15PM.	UNDER 13 GIRLS CHAMPIONSHIPS	3.0k.
12 35PM	UNDER 17 MEN CHAMPIONSHIPS.	6.0k.
1 00PM.	UNDER 15 GIRLS CHAMPIONSHIPS.	4.0k.
1 20PM.	JUNIOR MEN CHAMPIONSHIPS.	10.0k.
2 05PM.	UNDER 13 BOYS CHAMPIONSHIPS.	3.0k.
2 20PM.	SENIOR WOMEN CHAMPIONSHIPS.	8.0k.
3 00PM	SENIOR MEN CHAMPIONSHIPS.	12.0k.

More details about the event can be found here

[http://www.englishcrosscountry.co.uk/index.php?option=com\\_content&task=view&id=2&Itemid=9](http://www.englishcrosscountry.co.uk/index.php?option=com_content&task=view&id=2&Itemid=9)

## Travel arrangements

### Recommended travel is to go by train – parking is not easy at Hampstead Heath.

We have found London Overground to be the best option using the Richmond to Stratford Line alighting at Gospel Oak.

Parking at Richmond. There is plenty of Parking at Richmond off the A316 then a 10min walk along Park Lane to Richmond Station. Something like £5.00 to park for the day.

When you arrive at Gospel Oak you can see the course from the train, make your way up passed the Lido and we will be up on the hill roughly where the arrow is on the map. Call if you can't find us. Your numbers will be collected for you. Please bring pins and you will need 12mm spikes or 15's if it's a wet week. Warm clothing is essential.

You can use the Journey planner (see the link) to work out your best train times but do aim to get to Parliament Hill at least 60mins before your race. Suggested train times are as follows.

[http://journeyplanner.tfl.gov.uk/user/XSLT\\_TRIP\\_REQUEST2?language=en](http://journeyplanner.tfl.gov.uk/user/XSLT_TRIP_REQUEST2?language=en)









If you are driving travel details are here

[http://www.englishcrosscountry.co.uk/index.php?option=com\\_content&task=view&id=3&Itemid=10](http://www.englishcrosscountry.co.uk/index.php?option=com_content&task=view&id=3&Itemid=10)

Selection of Train times are here

Journey Summary						
<b>Departing:</b> Saturday 25 February 2012 at: 09:00						
<b>From:</b> Richmond						
<b>To:</b> Gospel Oak						
<b>Restrictions:</b>						

Route	Depart	Arrive	Duration	Interchanges		
1	08:58	09:30	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
2	09:08	09:40	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
3	09:28	10:00	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
4	09:38	10:10	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
5	09:58	10:30	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
6	10:08	10:40	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
7	10:28	11:00	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>
8	10:38	11:10	00:32		<a href="#">View</a>	<input checked="" type="checkbox"/>

<a href="#">earliest</a>	<a href="#">earlier</a>	<a href="#">later</a>	<a href="#">latest</a>	<a href="#">View selected</a>
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