



BRITISH ATHLETICS
CROSS CHALLENGE

Chiltern League/British Athletics Cross Challenge Race 2 - Milton Keynes (Teardrop Lakes)

Walking route from Central Milton Keynes Rail Station to Teardrop Lakes (10 - 15 minutes)

Turn right out of the Rail Station, after 100m you will see in front of you an office building, turn right and walk over a bridge which crosses the railway line and A5 Trunk Road.

At the end of the bridge turn left along the "Redway" (National Cycle Route 51) signposted MK Bowl continue on this path after about half a mile, go under a road bridge and you will then be at Teardrop Lakes at this point you should be able to see the start and finish areas.

All Car parking is at "The National Bowl"

The nearest postcode is MK5 8PA this will bring you within sight of the "Car Park" signs. Do NOT park at the main entrance to The Bowl as this is closed early on Saturdays. The walk from the car park to the course is about 5 minutes and to the start/finish area a further 5 minutes.

From the West A421

Follow the A421 into Milton Keynes, at the roundabout with "Watling Street" (V4) turn left, follow this road to the next roundabout, turn right and the Car Park is about 100m on the right.

From Towcester and the North via A5 and from Dunstable and the South via A5

Follow the A5 Dual Carriageway and exit at "Central Milton Keynes", at the roundabout at the top of the slip road take the first exit from the South and the third exit "Portway" (H5) from the north, follow this road to the next roundabout "Watling Street" (V4) take the first exit along V4, at the second roundabout "The Bowl" take the first exit onto "Chaffron Way" (H7) and the car park is about 100m on the right

From M1 North (Southbound)

Leave the M1 at Junction 14, at the roundabout take the third exit (ideally in L/H lane), straight on at next roundabout (also traffic lights) on A4146 "Childs Way" (H6) – follow this road for a further 8 roundabouts, at the next roundabout called "South Grafton" turn left onto "Grafton Street" (V6), at the next roundabout "Leadenhall" take the third exit onto "Chaffron Way" (H7) the Car Park is about half a mile on the L/H side.

From M1 South (Northbound)

Leave the M1 at Junction 13 and follow A421 towards Milton Keynes. Continue on A421 "Standing Way" (H8) passing the Hospital. After the hospital roundabout continue through a further two roundabouts and at the third roundabout "Elfield Park" take the third exit onto "Watling Street" (V4), at the next roundabout "The Bowl" take the third exit and the car park is about 100m on the right hand side.

From the East

Approach Junction 13 of M1 from Bedford via A421 – then follow as above "From M1 South (Northbound)".