

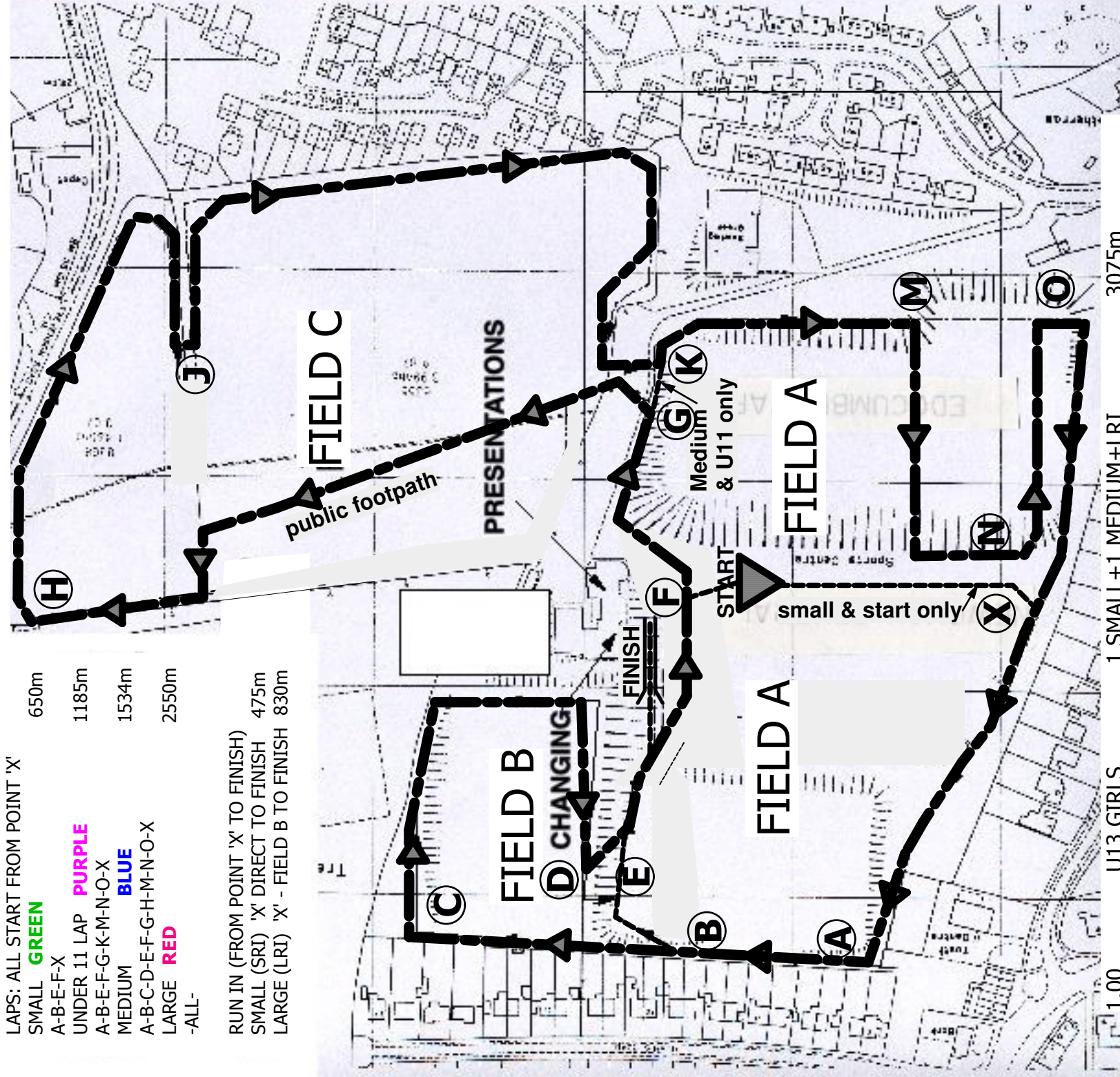
**FRANK ELFORD SPORTS WESTWARD LEAGUE
INCORPORATING THE CORNWALL AA CROSS COUNTRY CHAMPIONSHIPS
NEWQUAY SPORTS CENTRE SUNDAY 13 NOVEMBER 2016**

LAPS: ALL START FROM POINT 'X'

- SMALL **GREEN** 650m
- A-B-E-F-X 1185m
- UNDER 11 LAP **PURPLE** 1534m
- A-B-E-F-G-K-M-N-O-X **BLUE** 2550m
- MEDIUM
- A-B-C-D-E-F-G-H-M-N-O-X **RED**
- LARGE
- ALL-

RUN IN (FROM POINT 'X' TO FINISH)

- SMALL (SRI) 'X' DIRECT TO FINISH 475m
- LARGE (LRI) 'X' - FIELD B TO FINISH 830m



1.00	U13 GIRLS	1 SMALL+1 MEDIUM+LRI	3075m
1.15	U13 BOYS	1 SMALL+1 MEDIUM+LRI	3075m
1.30	U17M+U17W+SW	1 MEDIUM+1 LARGE+LRI	4990m
2.00	U11 GIRLS	1 U11 LAP +SRI	1730m
2.15	U11 BOYS	1 U11 LAP +SRI	1730m
2.30	U15 GIRLS	2 MEDIUM+LRI	3970m
2.50	U15 BOYS	1 SMALL + 2 MEDIUM+SRI	4520m
3.10	SM(+U20M)	3 LARGE+LRI	8550m