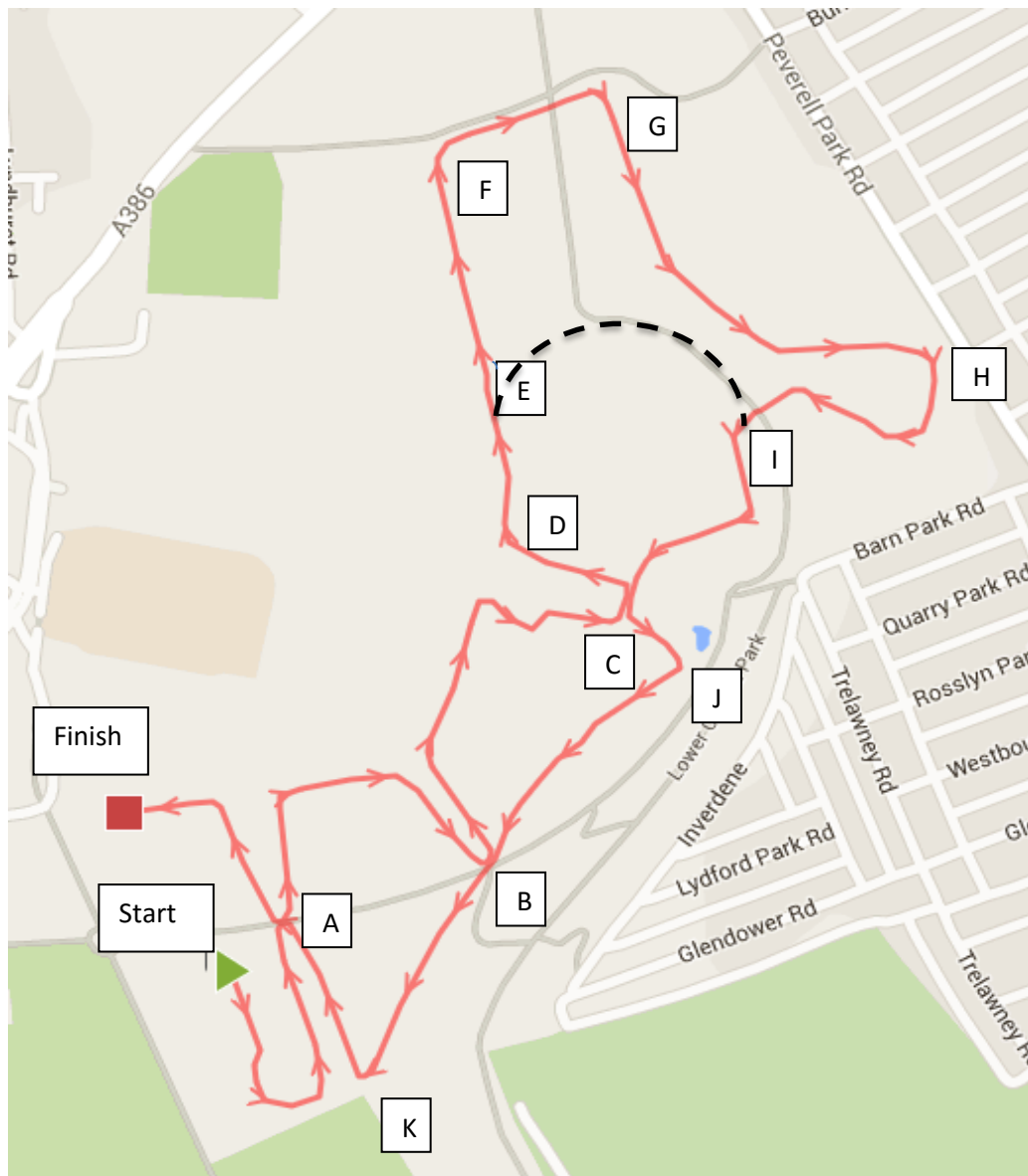


Westward League Cross Country – Central Park, Plymouth

Sunday 9th October 2016

The first fixture of the 2016/17 season will take place in Plymouth and once again we have the excellent facilities in the Life Centre. Car parks are free and shown on map. Registration will be in a tent near the start and finish. There are toilets, changing (showers will cost £1 payable at reception) and refreshments on sale in the Life Centre. Please note no muddy footwear will be allowed in the centre. Course is suitable for spikes but there are some concrete paths to cross. Please ensure discs are handed in as soon as possible to the tent after each race. Venue Postcode is PL2 3DG



Race timetable

12.15pm	U11 Boys/Girls	1600m	Single lap of course (see other map)
12.30pm	U17M/U17W/SW	5200m	Start- 1 x Medium and 1 x Large Laps-Finish
1.10pm	U13 Girls	2500m	Start-1 x Medium Lap-Finish
1.30pm	U13 Boys	2500m	Start-1 x Medium Lap-Finish
1.50pm	U15 Girls and Boys	3200m	Start-1 x Large Lap-Finish
2.10pm	Senior Men	8600m	Start -3 x Large Laps-Finish

Medium Lap: A-B-C-D-E-I-J-B-K-A (2000m) – As large except follow dotted line

Large Lap: A-B-C-D-E-F-G-H-I-J-B-K-A (2700m)