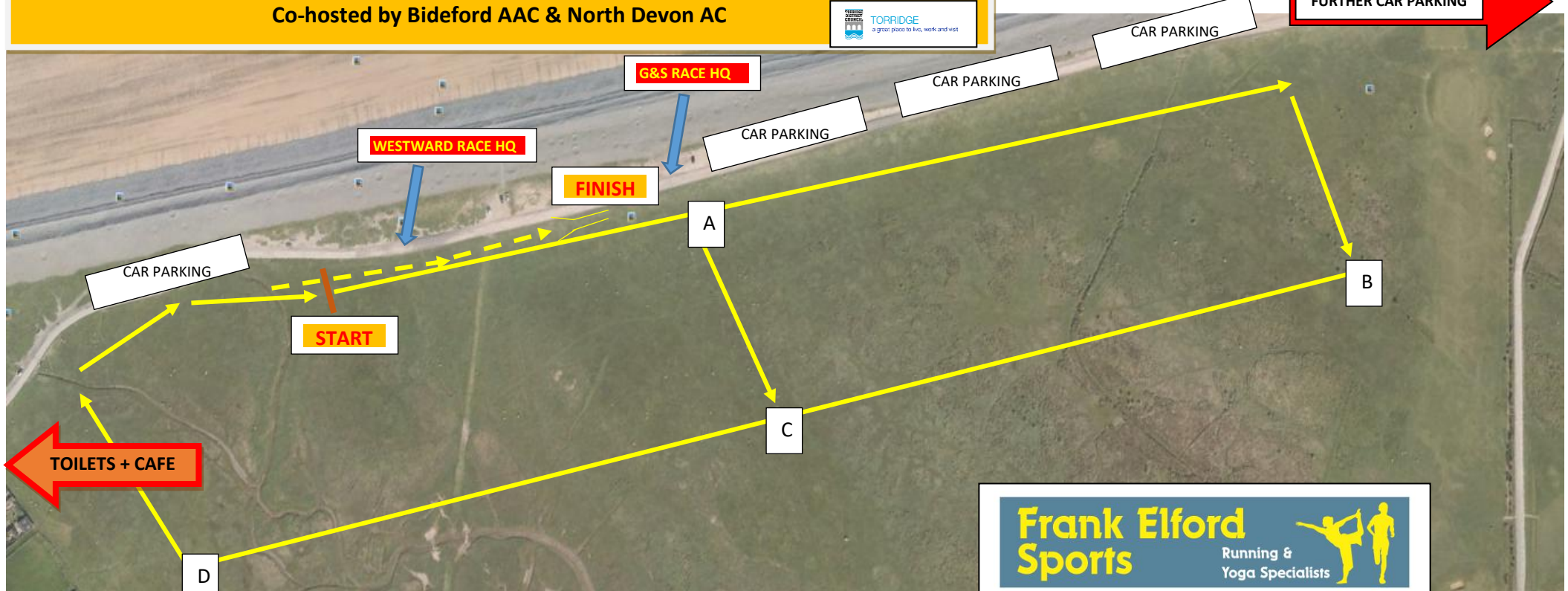


WESTWARD CROSS COUNTRY LEAGUE - GLIDDON & SQUIRE CROSS COUNTRY LEAGUE

Sun 15th January 2017 - NORTHAM BURROWS, WESTWARD HO! (By kind permission of Torrridge District Council)

Co-hosted by Bideford AAC & North Devon AC



LONG LAP = 1600 metres START – A – B – C – D SHORT LAP = 800 metres START A – C – D

11:30am G&S League ONLY - UNDER 9 GIRLS RACE: 1 x LONG LAP (1600 metres) START-A-B-C-D-FINISH
 11:45am G&S League ONLY - UNDER 9 BOYS RACE: 1 x LONG LAP (1600 metres) START-A-B-C-D-FINISH
 12 noon UNDER 11 GIRLS and UNDER 11 BOYS RACE: 1 x SHORT + 1 x LONG LAP (2400 metres) START-A-C-D-A-B-C-D-FINISH
 12:20pm UNDER 13 GIRLS RACE: 2 x LONG LAPS (3200 metres) START-A-B-C-D-A-B-C-D-FINISH
 12:40pm UNDER 15 GIRLS and UNDER 13 BOYS RACE: 1 x SHORT LAP + 2 x LONG LAP (4000 metres) START-A-B-C-D-2x(A-B-C-D)-FINISH
 1:00pm UNDER 15 BOYS and G&S SENIOR WOMEN RACE: 3 X LONG LAPS (4800 metres) START-3x(A-B-C-D)-FINISH
 1:30pm UNDER 17 MEN/WOMEN and SENIOR WOMEN and G&S League SENIOR MEN RACE: 1 x SHORT + 3 LONG LAPS (5600 metres) START-A-C-D-3x(A-B-C-D)-FINISH
 2:20pm SENIOR MENS RACE: 1 x SHORT + 5 x LONG LAPS (8600 metres) A-C-D-5x(A-B-C-D)-FINISH

League Websites: Westward League www.city-runs.co.uk/westward Gliddon & Squire League: www.northdevonxcleague.weebly.com

PLEASE NOTE: The league organisers recommend visitors adopt a voluntary one way traffic management system entering Northam Burrows from the south along via Avon Lane and Pebbleridge Road and leaving by the northeast entrance along Sandymere Road through the Royal North Devon golf links.
 This venue is in a very exposed, low lying position next to the Atlantic and subject to wet and windy weather - all visitors are advised to bring appropriate warm and waterproof clothing.