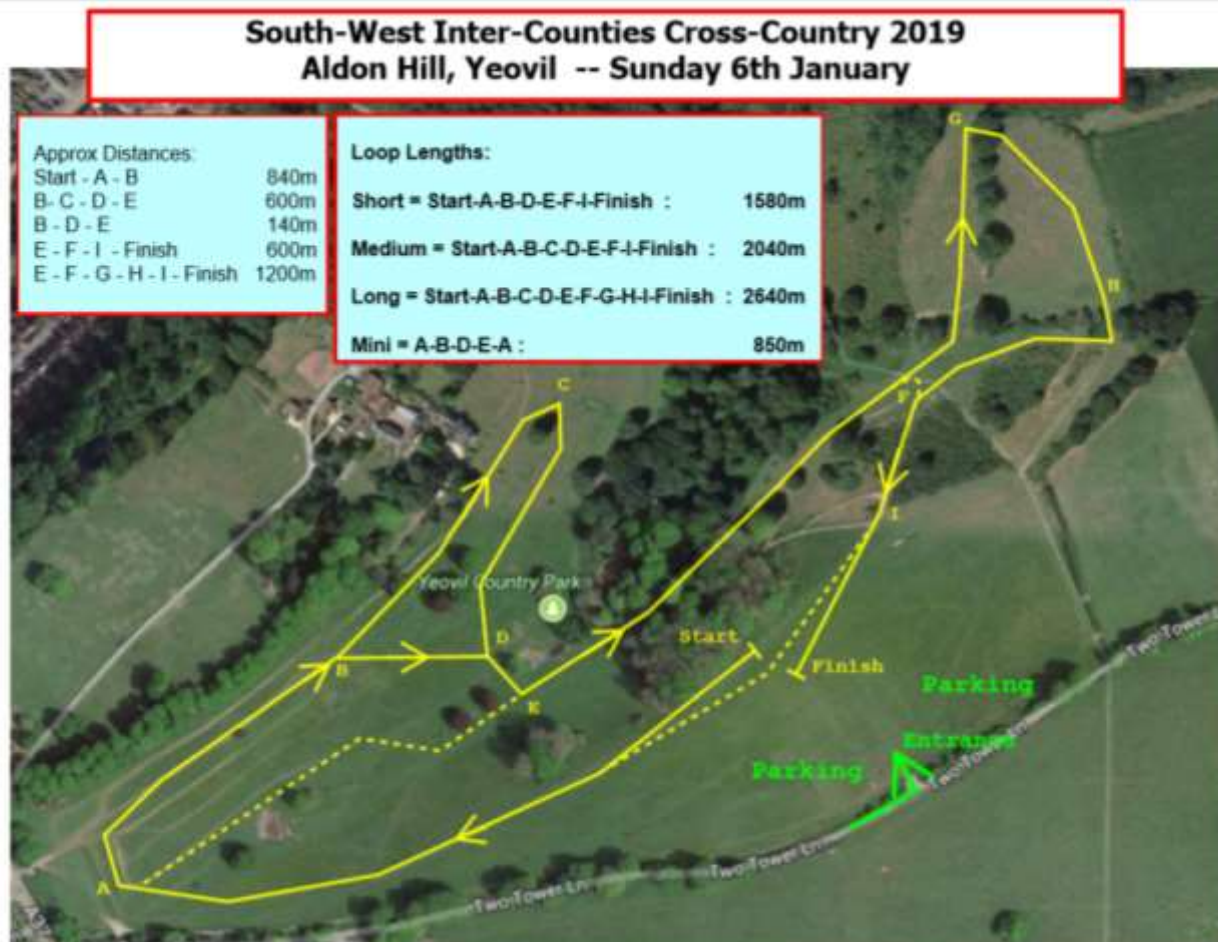


RACE TIMES

11.30	Under 11 Boys	1580m (Not Championship Race)	1 x Short Lap
11.30	Under 11 Girls	1580m (Not Championship Race)	1 x Short Lap
12.00	Senior Men	8500m	1 x Mini, 3 x Long Laps
(Including Under 20 Men and Masters – M40, M50, M60)			
12.45	Under 13 Girls	3160m	2 x Short Laps
13.00	Under 13 Boys	3160m	2 x Short Laps
13.15	Under 15 Girls	3620m	1 x Short, 1 x Medium Laps
13.35	Under 15 Boys	4080m	2 x Medium Laps
13.35	Under 17 Women	4080m	2 x Medium Laps
13.55	Under 17 Men	5280m	2 x Long Laps
14.15	Senior Women	5280m	2 x Long Laps
(Including Under 20 Women and Masters – W35, W45, W55)			



Postcode for venue is BA22 9TA. On arrival follow advice of car parking stewards.

Parking is on the grass adjacent to start (see map).

Collect race numbers from registration tent near start. Numbers to be worn on front of vest and as issued. If you have pre ordered event merchandise it will also be available here.

Race is run under UKA rules. Permit no 187:18. The course is suitable for spikes. Spectators should be able to see the entire course easily, but please do not obstruct the course at any time. Marshals will be in place and

First Aid provided by Met Services. Portable toilets are on site, but no changing or showers.

Refreshments are available to purchase.

Medal presentations to individuals and teams will take place throughout the day.

A full entry list is available on the event website as well as a larger course map and location map.

<https://events.englandathletics.org/event/england-athletics-sw-cross-country-championships-2019/profile>

On behalf of England Athletics South West Region we wish you an enjoyable and successful race.