

# WESTWARD CROSS COUNTRY LEAGUE – NORTH DEVON CROSS COUNTRY LEAGUE

Charles Stanley

Sponsors:

Gliddon & Squire Garden Services

Sun 13<sup>th</sup> January 2019 – NORTHAM BURROWS, WESTWARD HO! (By kind permission of Torridge 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 LONG LAP (1600 metres) START-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-C-D-2x(A-B-C-D)-FINISH

1:00pm UNDER 15 BOYS RACE: 3 X LONG LAPS (4800 metres) START-3x(A-B-C-D)-FINISH

1:30pm UNDER 17 MEN/WOMEN and SENIOR WOMEN: 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 (8800 metres) A-C-D-5x(A-B-C-D)-FINISH

League Websites:    Westward League [www.city-runs.co.uk/westward](http://www.city-runs.co.uk/westward)

Gliddon & Squire League: [www.northdevonxcleague.weebly.com](http://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. Refreshments will be available in the Café.

This venue is in a very exposed, low lying position next to the Atlantic ocean and subject to wet and windy weather - all visitors are advised to bring appropriate warm and waterproof clothing.