

Westward Cross Country League – Central Park, Plymouth
 Sunday 18th March 2012
 (UKA permit issued)

Main lap = 2730m
Medium Lap = 2030m
Start and Finish = 440m

Race HQ is the Mayflower Centre which is next to the new Life Centre. Postcode is PL2 3DG. Parking available in large Park and Ride car park or in new car park next to Life Centre. Follow signs for car parks. Please note there will be changing and toilets in the Mayflower centre but no refreshments will be on sale. Registration and the final prize giving will take place in the Sports hall which is just inside the main entrance. Facilities may be basic as the building is to be closed after the event. Please ensure all results slips are returned as quickly as possible after each race so that we can do the presentation as quickly as possible after the last race has finished.



Race timetable (course suitable for spikes although there are some paths to cross)

12.15pm	U11 Boys/Girls	1500m	Single lap (see other map)
12.30pm	U17M/SW	5900m	2 x Large laps (Start then 2xA-B-C-D-E-F-G-H-I-J-K-L-F-B-M-A) - Finish
1.10pm	U13 Girls	2470m	1 x Medium lap (Start-A-B-C-E-F-G-H-K-L-B-M-A -Finish)
1.30pm	U13 Boys	2470m	1 x Medium lap (Start-A-B-C-E-F-G-H-K-L-B-M-A -Finish)
1.50pm	SM	8630m	3 x large laps((Start then 3 x A-B-C-D-E-F-G-H-I-J-K-L-F-B-M-A) plus Finish
2.45pm	U15 B/U15 G	3170m	1 x Large laps (Start then A-B-C-D-E-F-G-H-I-J-K-L-F-B-M-A – Finish)