

Brooks Westward League

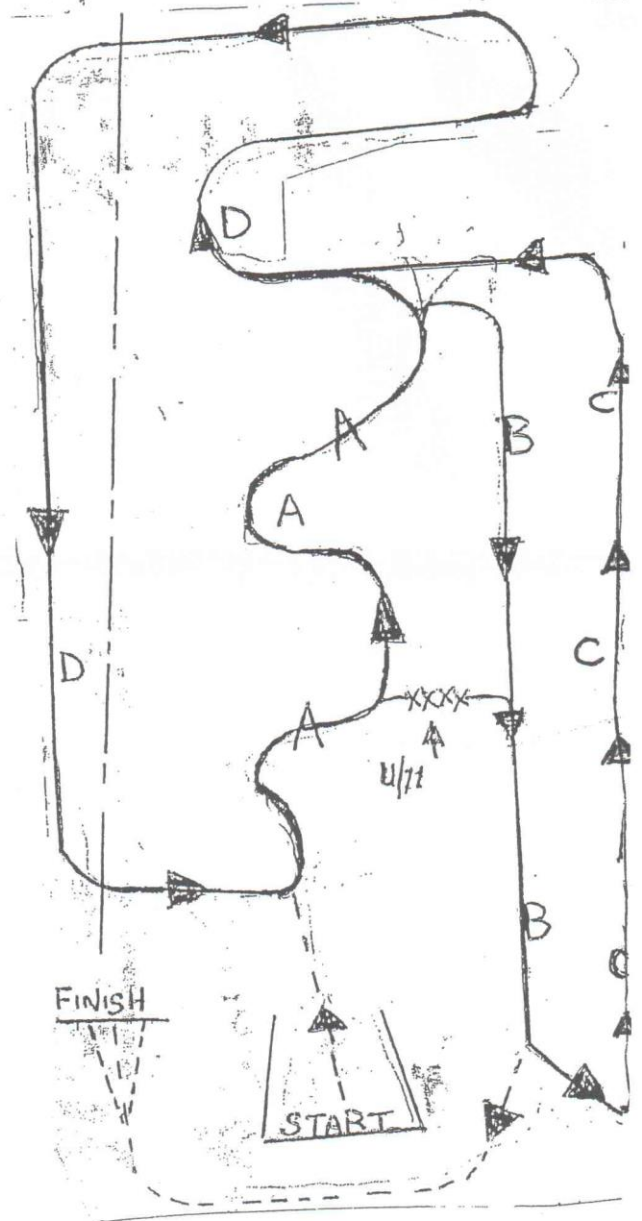
incorporating

Devon County Cross Country Championships

Exeter Arena, Summer Lane, Exeter EX4 8NT

Sunday, 1st December, 20-13,

TIME	CLASS	ROUTE	M
12.15	DEVELOPMENT Run U/11 BOY GIRLS	S-AD-XXX B-F	1650
12.30	U/17 BOY U/17 GIRLS S-WOMEN	S-2X ABCD+ A-B-F	5000
13.00	U/13 GIRLS	S- ABCD + AB - F	3000
13.15	U/13 BOYS	S- ABCD + AB - F	3000
13.30	U/15 GIRLS	S- AD + ABCD + AB - F	3900
13.50	U/15 BOYS	S- AD + ABCD + AB - F	3900
14.15	U/20 MEN SENIOR MEN	S- 4X ABCD + AB - F	8900



Travel Directions: From Junction 30 of the M5 follow the signs to Middlemore roundabout and the B3181 to Pinhoe. Turn left at Sainsburys onto Pinhoe Rd and then take the second right into Summer Lane as far as the Arena. By coach take the third right into Beacon Lane and then right at the T junction and right into Summer Lane.

Refreshments are available in the Exeter Harriers Pavilion

**REMOVE ALL MUDDY SHOES
BEFORE ENTERING THE
BUILDING!!!**

**DO NOT GO ONTO
PITCHES!!!**