

Gwent Cross Country League 1 : Newbridge Fields, Bridgend

Sunday 11th October 2015 First event 12:30pm



Supported by

Organised by



BRIDGEND AC CLUBHOUSE

HALO CENTRE

Postcode CF41 4AH

UK Athletics Licensed Event

<u>EVENT</u>	<u>TIME</u>	<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>ROUTE</u>
Race 1	12:30	Novice Boys	1600m	Start → A, D, E, G → Finish
Race 2	12:40	Novice Girls	1600m	Start → A, D, E, G → Finish
Race 3	12:50	Under 13 Boys	2500m	Start → A, B, D, E F, G → Finish
Race 4	13:05	Under 13 Girls	2500m	Start → A, B, D, E F, G → Finish
Race 5	13:20	Senior Ladies	6600m	Start → A, B, C, D, E F, G, H, A, B, C, D, E F, G → Finish
Race 6	13:45	Under 15 Boys	4400m	Start → A, D, E, G, H, A, B, D, E F, G → Finish
Race 7	14:00	Under 15 Girls	4400m	Start → A, D, E, G, H, A, B, D, E F, G → Finish
Race 8	14:15	Under 17 / 20 Men	6600m	Start → A, B, C, D, E F, G, H, A, B, C, D, E F, G → Finish
Race 9	14:35	Under 17/20 Women	4800m	Start → A, B, D, E, G, H, A, B, D, E, F, G → Finish
Race 10	15:00	Senior Men	10150m	Start → A, B, C, D, E F, G, H, A, B, C, D, E F, G, H, A, B, C, D, E F, G → Finish

NOTE: Be aware of restrictions of crossing the bridge, and listen to announcements throughout the day and be at the start at least 10 minutes before the start of the race.