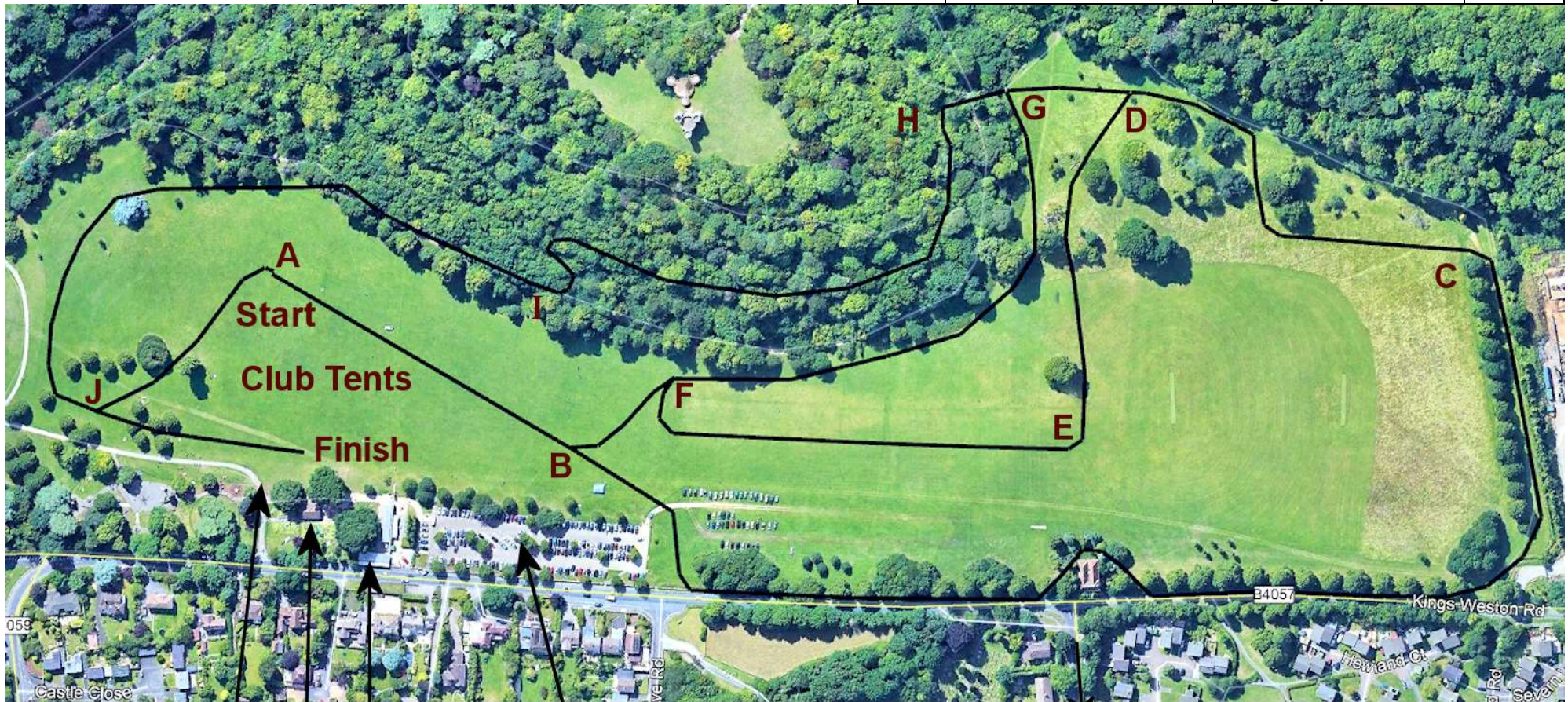


The John H Collins Gwent Cross Country League
Blaise Castle, Saturday 7th December 2019

11:30	U11 Girls	1 Small Lap	1600m
11:40	U11 Boys	1 Small Lap	1600m
11:50	U13 Girls	1 Medium Lap	2400m
12:05	U13 Boys	1 Medium Lap	2400m
12:20	U15 Girls	1 Small + 1 Medium Lap	4000m
12:40	U15 Boys	1 Small + 1 Medium Lap	4000m
13:00	Senior Women + Masters	2 Large Laps	6200m
13:40	U17/U20 Women	1 Small + 1 Large Lap	4700m
14:05	U17/U20 Men	1 Medium + 1 Large Lap	5500m
14:30	Senior Men	3 Large Laps	9300m

Small Lap A – B – F – G – H – I – J – (A or Finish) 1600m
 Medium Lap A – B – C – D – G – H – I – J – (A or Finish) 2400m
 Large Lap A – B – C – D – E – F – G – H – I – J – (A or Finish) 3100m



Portaloos

Public Toilets

Main Car Park

Long Cross (Considerate Street Parking)

Club House: Registration (access from side, team managers only); T-Shirts & First Aid (access from front)

Car Parking may be difficult; Please arrive early and be prepared to walk to the course