

GWENT CC LEAGUE

SINGLETON PARK

SUN MARCH 13TH 2011

TIMETABLE

- 10⁰⁰ AM on PARKING & CHANGING BISHOP GORE SCHOOL
- 10³⁰ AM on REGISTRATION &c SINGLETON PARK
(NEAR FINISH AREA)
- 12⁰⁰ NOON NOVICE GIRLS START - A - G - H - S - FINISH
(SMALL LAP) 1.4 Km
- 12⁰⁶ PM NOVICE BOYS START - A - G - H - S - FINISH
(SMALL LAP) 1.4 Km
- 12¹⁵ PM SENIOR WOMEN START - (2x) A - B - C - D - E - F - D - C - G - H - FINISH
2 LARGE LAPS 5.2 Km
- 12⁴⁵ PM SENIOR MEN START - A - B - C - G - H - S -
(3x) A - B - C - D - E - F - D - C - G - H - FINISH
1 MEDIUM; 3 LARGE LAPS 9.3 Km
- 13³⁰ UNDER 13 GIRLS START - A - B - C - D - E - F - D - C - G - H - S - FINISH
1 LARGE LAP 2.8 Km
- 13⁵⁰ UNDER 13 BOYS - AS UNDER 13 GIRLS.
- 14¹⁰ UNDER 15 GIRLS START - A - G - H - S - A - B - C - G - H - S - FINISH
(1 SMALL LAP, 1 MEDIUM LAP) 3.8 Km
- 14²⁰ UNDER 15 BOYS - AS UNDER 15 GIRLS
- 14⁵⁰ UNDER 17/20 MALE - 2 LARGE LAPS (AS SENIOR WOMEN) 5.2 Km
- 15¹⁰ UNDER 17/20 FEMALE START - A - B - C - G - H - S - A - B - C - D - E - F - D - C - G - H - S - FINISH
1 MEDIUM; 1 LARGE LAP 4.9 Km
- 14⁰⁰ ONWARDS - PRESENTATIONS SINGLETON PARK
(NEAR FINISH AREA)