

# GWENT CROSS COUNTRY LEAGUE - BLAISE CASTLE ESTATE, BRISTOL - Saturday 1 December 2012

## COURSE MAP

**Race Time Table**

11:45 am	U15 Girls	1 Lap - A-B-H-I-K-L+	= 4300 metres
11:47 am	Novice Boys	1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 1600 metres
12:05 pm	Novice Girls	1 Lap - A-B-H-I-J-K-L + Finish	= 1600 metres
12:10 pm	U17 & U20 Men	1 Lap - A-B-C-G-H-I-J-K-L+ 1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 6000 metres
12:35 pm	Senior Ladies	1 Lap - A-B-C-G-H-I-J-K-L+ 1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 6000 metres
12:40 pm	U13 Boys	1 Lap - A-B-C-G-H-I-J-K-L + Finish	= 2900 metres
1:15 pm	U13 Girls	1 Lap - A-B-C-G-H-I-J-K-L + Finish	= 2900 metres
1:18 pm	U15 Boys	1 Lap - A-B-H-I-K-L+ 1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 4300 metres
1:36 pm	U17 & U20 Women	1 Lap - A-B-H-I-J-K-L+ 1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 5000 metres
2:00 pm	Senior Men	1 Lap - A-B-C-D-E-F-G-H-I-J-K-L + 2 Laps - A-B-C-D-E-F-G-H-I-J-K-L + Finish	= 10000 metres

