Gwent Cross Country League
Timetable Monmouth
Show Ground Fields

1. U11 Boys Time 12:00hrs	Start A.C.D. + Finish	1710 Metres
2. U11 Girls Time 12:10hrs	Start A.C.D. + Finish	1710 Metres
3. U13 Boys Time 12:20hrs	Start A.B.C.D. + Finish	2310 Metres
4. U13 Girls Time 12:35hrs	Start A.B.C.D. + Finish	2310 Metres
5. Senior Women Time 12:50hrs	Start A.C.D.E. + A.C.D.E. + A.B.C.D. + Finish	6850 Metres
6. U15 Boys Time 13:25hrs	Start A.C.D.E. + A.B.C.D. + Finish	4460 Metres
7. U15 Girls Time 13:40hrs	Start A.C.D.E. + A.B.C.D. + Finish	4460 Meters
8. U17/20 Men Time 13:55hrs	Start A.C.D.E. + A.C.D.E. + A.C.D. + Finish	6110 Metres
9. U17/20 Women Time 14:20hrs	Start A.B.C.D.E. + A.B.C.D. + Finish	5020 Metres
10. Senior Men Time14:40hrs	Start A.C.D.E. + A.B.C.D.E. + A.B.C.D.E. + A.B.C.D. + Finish	9910 Metres

The Course will be run over Monmouth Show Ground and it will be marked out with white plastic stakes and barriers tape. Run inside the tape not outside of it.

All club tent must go inside the fence off area see course map.

Car parking is limited all car must park where the car park marshal park you up.

St John's will be by the Race HQ and at the finish area.

Hot Drink & Food + Sport Shop will be by Race HQ.