

BREMCO NORTH DEVON CROSS COUNTRY LEAGUE – SUNDAY 4th FEBRUARY - SHEBBEAR COLLEGE EX21 5HJ

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= CAR PARKS

Please park considerately
PLEASE KEEP OFF THE CRICKET
TABLES AND FOOTBALL PITCHES
NO DOGS PERMITTED ON SITE

Use of the facilities by kind permission of:-
Head Master – Mr C. Jenkins
With thanks to our host volunteers at Shebbear College

RACE HQ
FIRST AID BASE
REFRESHMENTS
AND TOILETS
IN PREP SCHOOL

Courses designed by:-
Mr Paul Nicholls
Head of Physical Education

TIMETABLE OF RACES:

10:00am UNDER 9 GIRLS: START-A-B-C-D-F-FINISH – 1660 metres
10:10am UNDER 9 BOYS: START-A-B-C-D-F- FINISH – 1660 metres
10:20am UNDER 11 GIRLS: START-A-B-C-D-E-F-FINISH – 2130 metres
10:35am UNDER 11 BOYS: START-A-B-C-D-E-F-FINISH – 2130 metres

10:50am UNDER 13 GIRLS: START-A-B-C x2 - FINISH – 2500metres
11:05am Race 6/7: UNDER 13 BOYS and UNDER 15 GIRLS: START-A-B-C-D-F x2 – FINISH = 3320 metres
11:15am Race 8/9: UNDER 15 BOYS and SENIOR WOMEN: START-A-B-C-D-E-F x2 = 4260 metres
11:20am Race 10: SENIOR MEN: START-A-B-C-D-E-F x3 = 6390 metres