

GLIDDON & SQUIRE NORTH DEVON CROSS COUNTRY LEAGUE

12/15 mm SPIKES OR FOOTBALL BOOTS ARE THE RECOMMENDED FOOTWEAR

Terrain:

Top Field is dry pasture land slopes steeply down to the trees at the top of the map

Home Field is undulating pastureland

Bottom Field slopes down from point A to point B and is pastureland.

WARNING: There may be sheep droppings on the course

S1 = START 1
S2 = START 2
F = FINISH
T = TOILETS

RACE HQ

ACCESS
REGISTRATION
POINT

Top Field to Start 1 2200m

HOLDING AREA
START 2

HOLDING
AREA START 1

Home Field 1700m

Bottom Field 1000m

COXLEIGH BARTON EQUESTRIAN CENTRE, SHIRWELL EX31 4JL

Race Distances: (all races are over a single lap to comply with Covid regs).

Covid-19 SECURE AREAS

Start 1-C-D-FINISH Under 9/11 Girls & Boys: Home Field 1700 metres

Start 1-A-B-C-D-FINISH U13/15 Girls and Under 13 Boys: Bottom Field + Home Field = 2700 metres

Start 2-E-A-C-D-FINISH Under 15 Boys Under 17/20 and Senior Women: Top Field + Home Field = 3900 metres

Start 2-E-A-B-C-D-FINISH Under 17/20 and Senior Men: Top Field + Bottom Field + Home Field = 4900 metres

ALL RACES WILL BE RUN IN WAVES OF A MAXIMUM 20 ATHLETES – FINAL POSITIONS WILL BE DETERMINED BY TIMES ONLY

ALL RUNNERS MUST BE INSIDE THE HOLDING AREA AT LEAST 5 MINUTES BEFORE THE SCHEDULED START TIME OF THEIR RACE

WAVES WILL DEPART AT 90 second INTERVALS

THERE WILL NOT BE A NORMAL FINISH FUNNEL – RUNNERS ARE REQUIRED TO RUN THROUGH THE CLEARLY MARKED FINISH LINE

AND EXIT THE SITE AS SOON AS POSSIBLE AFTER THEIR RACE. AT ALL CONFORM WITH OFFICIAL REQUESTS.