

# WESTWARD LEAGUE and BREMCO NORTH DEVON CROSS COUNTRY LEAGUES

Sponsors: Charles Stanley Investments and Bremco Limited, Yelland

Sun 14<sup>th</sup> January 2024 - NORTHAM BURROWS, WESTWARD HO! (By kind permission of Torridge District Council)

Hosted by North Devon AC

PLEASE NOTE: NORTHAM BURROWS COUNTRY PARK IS A PUBLIC OPEN SPACE - PLEASE RESPECT OTHER USERS AT ALL TIMES  
PEDESTRIANS HAVE RIGHT OF WAY OVER ALL BRIDGES

REFRESHMENTS FOR SALE AT PEBBLERIDGE CAFÉ BY THE SURF SCHOOL & THE SLIPWAY WESTWARD HO! (200metres eastwards along beach)



**PLEASE NOTE:** League organisers recommend visitors adopt a voluntary one way traffic management system entering Northam Burrows from the south via Avon Lane and Pebbleridge Road and leaving by the northeast entrance along Sandymere Road through the Royal North Devon golf links. Refreshments will be available in the Cafés at Westward Ho! and the Sandymere Country Park Centre. This venue is in a very exposed, low lying position next to the Atlantic ocean and subject to wet and windy weather - all visitors are advised to bring appropriate warm and waterproof clothing.

LONG LAP = 2855 metres START-A-B-C-D-E-F-FINISH MEDIUM LAP = 2200 metres START-A-B-D-E-F-FINISH SHORT LAP = 1600 metres START A-B-D-F-FINISH

Recommended spike length minimum of 11mm

- 11:30am BREMCO League ONLY - UNDER 9 GIRLS RACE: 1 x SHORT LAP (1600 metres) START-A-B-D-F-FINISH
- 11:45am BREMCO League ONLY - UNDER 9 BOYS RACE: 1 x SHORT LAP (1600 metres) START-A-B-D-F-FINISH
- 12:00am UNDER 11 GIRLS: 1 x MEDIUM LAP (2200 metres) START-A-B-D-E-F-FINISH
- 12:15pm UNDER 11 BOYS RACE: 1 x MEDIUM LAP (2200 metres) START-A-B-D-E-F-FINISH
- 12:25m UNDER 13 GIRLS RACE: 1 x LONG LAP (2855 metres) START-A-B-C-D-F-FINISH
- 12:45pm UNDER 15 GIRLS and UNDER 13 BOYS RACE: 1 x SHORT LAP + 1 x MEDIUM LAP (3800 metres) START-A-B-D-F-A-B-D-E-F-D-E-F-FINISH
- 13:05pm UNDER 15 BOYS RACE 2 x MEDIUM LAPS (4400 metres) START-A-B-D-E-F-A-B-D-E-F-FINISH
- 13:25pm UNDER 17 Men/Under 17/20 WOMEN & SENIOR WOMEN: 2 x LONG LAPS (5715 metres) START-A-B-C-D-E-F-A-B-C-D-E-F-FINISH
- 13:55pm UNDER 20 MEN and SENIOR MENS RACE: 3 x LONG LAPS (8765 metres) 3 x START-A-B-C-D-E-F-FINISH