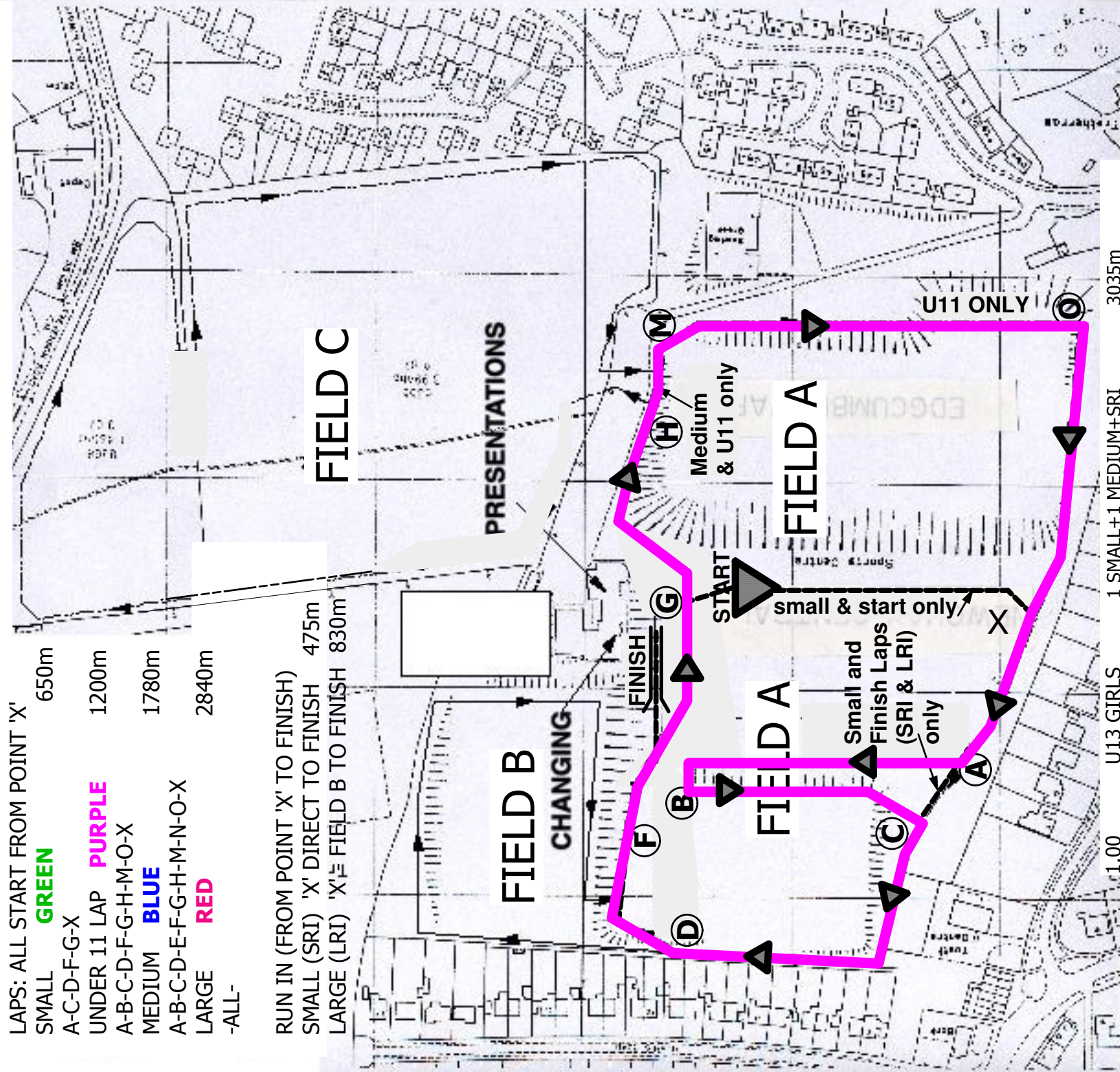


FRANK ELFORD SPORTS WESTWARD LEAGUE INCORPORATING THE CORNWALL AA CROSS COUNTRY CHAMPIONSHIPS NEWQUAY SPORTS CENTRE SUNDAY 8 NOVEMBER 2015



LAPS: ALL START FROM POINT 'X'

SMALL **GREEN** 650m

A-C-D-F-G-X

UNDER 11 LAP **PURPLE** 1200m

A-B-C-D-F-G-H-M-O-X

MEDIUM **BLUE** 1780m

A-B-C-D-E-F-G-H-M-N-O-X

LARGE **RED** 2840m

-ALL-

RUN IN (FROM POINT 'X' TO FINISH)

SMALL (SRI) 'X' DIRECT TO FINISH 475m

LARGE (LRI) 'X' FIELD B TO FINISH 830m

1.00	U13 GIRLS	1 SMALL+1 MEDIUM+SRI	3035m
1.15	U13 BOYS	1 SMALL+1 MEDIUM+SRI	3035m
1.30	U17M+U17W+SW	1 MEDIUM+1 LARGE+LRI	5580m
2.00	U11 GIRLS	1 U11 LAP +SRI	1800m
2.15	U11 BOYS	1 U11 LAP +SRI	1800m
2.30	U15 GIRLS	2 MEDIUM+SRI	4165m
2.50	U15 BOYS	2 MEDIUM+LRI	4520m
3.10	SM(+U20M)	3 LARGE+LRI	9480m