

FRANK ELFORD SPORTS WESTWARD LEAGUE

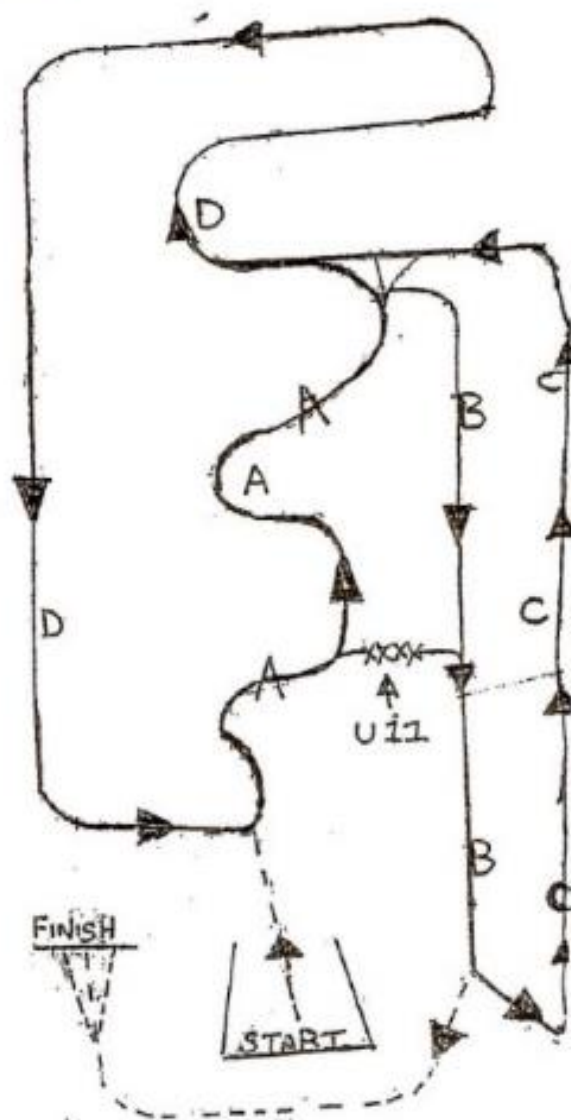
incorporating

Devon County Cross Country Championships

Exeter Arena, Summer Lane, EXETER EX4 8NT

Sunday 4th December 2016

TIME	CLASS	ROUTE	M
12:15	DEVELOPMENT RUN U11 boys & girls	S – AD – XXX – B – F	1650
12:30	U17 boys U17 girls Senior Women	S – 2XABCD + AB – F	5000
13:00	U13 girls	S – ABCD + AB – F	3000
13:15	U13 boys	A – ABCD + AB – F	3000
13:30	U15 girls	S – AD + ABCD + AB – F	3900
13:50	U15 boys	S – AD + ABCD + AB – F	3900
14:15	U20 Men Senior Men	S – 4XABCD + AB – F	8900



Travel Directions: From Junction 30 of the M5 follow the signs to Middlemoor roundabout and the B3181 to Pinhoe. Turn left at Sainsburys onto Pinhoe Road and then take the second right into Summer Lane as far as the Arena. By coach: take the third right into Beacon Lane and then right at the T junction and right into Summer Lane.

Refreshments are available in the Exeter Harriers Pavilion. **Please remove all muddy shoes before entering the building.**