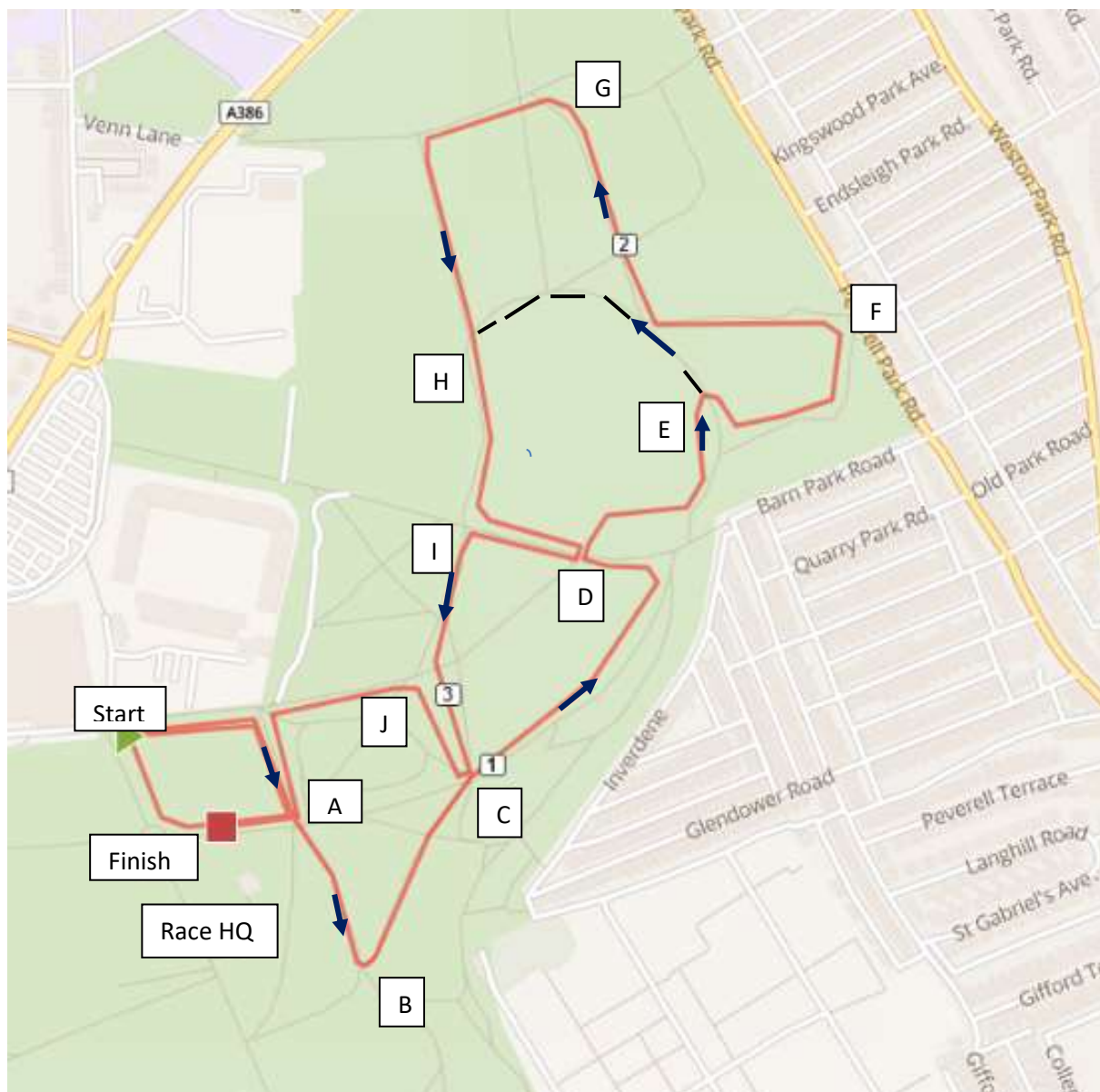


The final fixture of the 2021/22 season will now take place in Plymouth. Car parks are free and shown on map. Race HQ and registration will be in the Community Hub building next to the start/finish. There are toilets and changing here and additional public toilets in Life Centre and also a Café in the park near the start/finish and in the Life Centre. Please note no muddy footwear will be allowed in the hub main building or Life centre. Course is a **reverse direction** of the first fixture and is suitable for spikes but there are some concrete paths to cross. Please ensure discs are handed in as soon as possible to the Race HQ after each race. Venue Postcode is PL2 3DG.



Race timetable

12.15pm	U11 Boys/Girls	1840m	2 x Start Lap – A-B-C-J-A-Finish
12.30pm	U17M/U17W/SW	5530m	Start Lap - 1 x Medium and 1 x Large Laps-Finish
1.10pm	U13 Girls	2730m	Start Lap -1 x Medium Lap-Finish
1.30pm	U13 Boys	2730m	Start Lap -1 x Medium Lap-Finish
1.50pm	Senior Men	8980m	Start Lap -3 x Large Laps-Finish
2.45pm	U15 Girls and Boys	3380m	Start Lap -1 x Large Lap-Finish

Presentations will take place in the Hub after the event.

Start Lap – One complete lap of start field then to A (500m)

Medium Lap: A-B-C-D-E-H-D-I-C-J-A (2150m) – As large except follow dotted line

Large Lap: A-B-C-D-E-F-G-H-D-I-C-J-A (2800m)