

Route for Charles Stanley Westward League Cross Country – February 11<sup>th</sup> 2024



The fifth fixture of the 2023/24 season will take place in Plymouth. Car parks are free and shown on map. Race HQ will be from a car next to the course. There are toilets and changing in the Community Hub building next to the start/finish as well as additional public toilets in Life Centre. There is 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 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	1700m	Start Lap -1 x Medium Lap-Finish
12.30pm	U17M/U17W/SW	5800m	Start Lap - 2 x Large Lap-Finish
1.10pm	U13 Girls	3100m	Start Lap -1 x Large Lap-Finish
1.30pm	U13 Boys	3100m	Start Lap -1 x Large Lap-Finish
1.50pm	Senior Men	8900m	2 x Start Lap -3 x Large Laps-Finish
2.45pm	U15 Girls and Boys	4400m	Start Lap -1 x Medium-1 x Large Lap-Finish

Start Lap – One lap of start field (400m)

Medium Lap: A-B-C-D-A (1300m)

Large Lap: A-B-C-D-E-F-D-A (2700m)