

WESTWARD LEAGUE and BREMCO NORTH DEVON CROSS COUNTRY LEAGUES

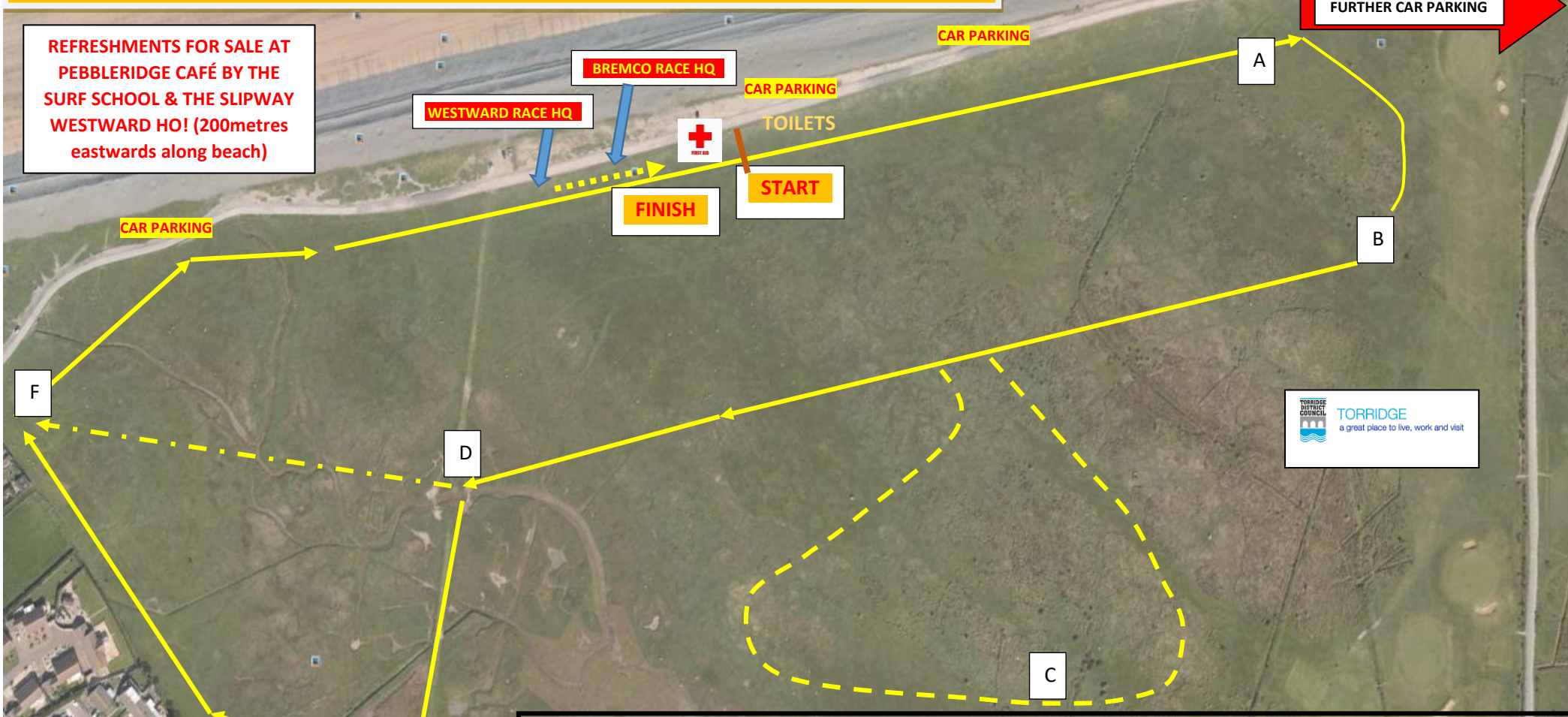
Sponsors: Charles Stanley Investments and Bremco Limited, Yelland

Sun 12th January 2025 – 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