

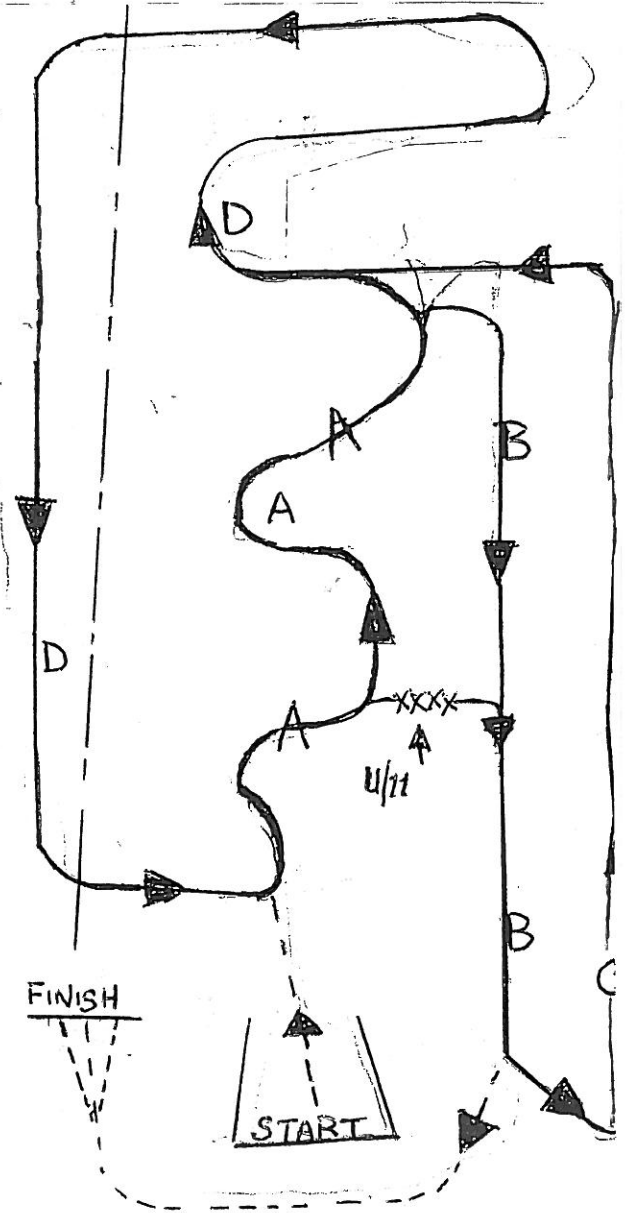
BROOKS WESTWARD LEAGUE

Incorporating

Devon County Cross Country Championships

At Exeter Arena Summer Lane Whipton Exeter Devon **EX4 8NN**
 On Sunday 6 December 2009

TIME	CLASS	ROUTE	M
12.15	DEVELOPMENT RUN. U11 BOYS GIRLS	S-AD-XXXX-BE	1650
12.30	U17 MEN U17 LADIES S. WOMEN	S 2X AD-ABCD-ABF	5000
13.00	U13 GIRLS	S-AD-AB-F	3000
13.15	U13 BOYS	S-AD-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-4X ABCD+AB-F	8850



Travel Directions: From Junction 30 of the M5 follow the signs to Middlemore roundabout and the B3181 to Pinhoe. Turn left at Sainsburys onto Pinhoe Rd 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

**REMOVE ALL MUDDY SHOES
 BEFORE ENTERING THE
 BUILDING!!!**

**DO NOT GO ONTO
 PITCHES!!!**