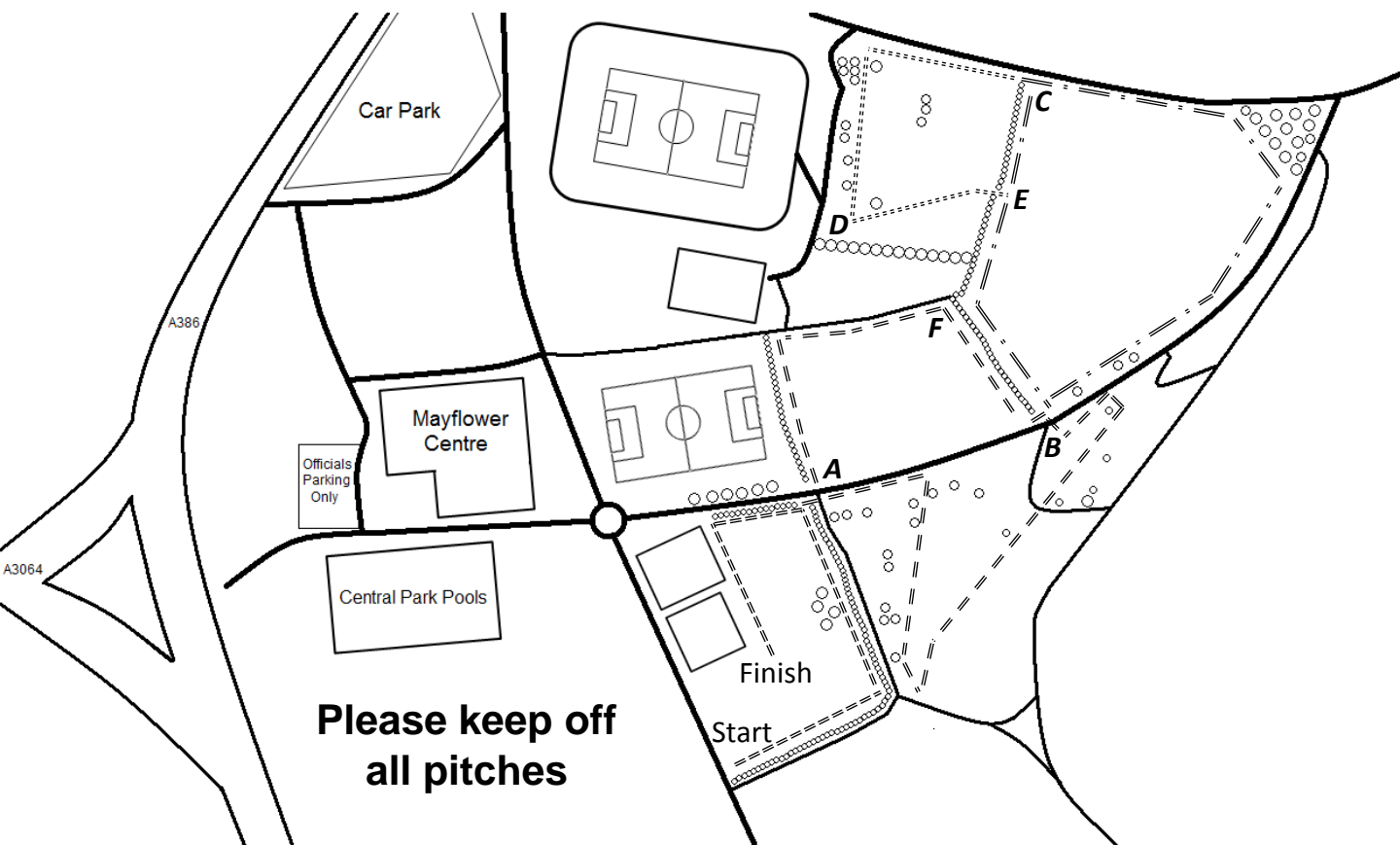


Brooks Westward Winter League – Central Park, Plymouth

Sunday 11th October 2009



**Please keep off
all pitches**

Start/Finish	-----	Start-A + A-Finish	350m
Small Lap	- - - - -	A-B-F-A	800m
Medium Lap	- . - . - .	A-B-C-E-F-A	1510m
Large Lap	A-B-C-D-E-F-A	1770m

Timetable

12:15	U11 Development Run	1 Medium Lap	1860m
12:30	U17 Men/ U17 & Senior Women	1 Medium & 2 Large Laps	5400m
13:00	U13 Girls	1 Small & 1 Medium Lap	2660m
13:15	U13 Boys	1 Small & 1 Large Lap	2920m
13:30	U15 Girls	2 Large Laps	3890m
13:50	U15 Boys	2 Large Laps	3890m
14:10	Senior Men	1 Small & 4 Large Laps	8230m

Toilets & changing available in Mayflower Leisure Centre

Course available by kind permission of Plymouth City Council