

## **South West Saturday 27 February 2010 at Truro School**

### **Cross Country Championships 2010**

#### **The Course**

The course is detailed on the attached Map (Annex A). All athletes are to report to the start 10 mins prior to the start of their race. The Course will be well marked and all on grass so athletes can wear spikes (12mm to 15 mm) will be suitable.

#### **Time Table**

11.30am to 12.30pm – Team Declaration

1.30pm – Senior Boys (1 Small Lap + 3 x Large Laps) = 7500m

1.35pm – Minor Girls (1 Large Lap) = 2300m

1.50pm – Minor Boys (1 Small Lap + 1 Large Lap) = 2900m

2.00pm – Junior Girls (2 x Medium Laps) = 3400m

2.20pm – Junior Boys (1 Medium Lap + 1 Large Lap) = 4000m

2.35pm – Senior Girls (1 Small Lap + 1 Medium Lap + 1 Large Lap) = 4500m

2.55pm – Inter Boys (2 x Medium Laps + 1 large Lap) = 5700m

3.15pm Inter Girls (1 Medium Lap + 1 Large Lap) = 4000m

#### **Allocated Race Numbers**

Avon 337 – 352

Cornwall 353 – 368

Devon 369 – 384

Dorset 385 – 400

Gloucestershire 401 – 416

Somerset 417 – 432

Wiltshire 433 – 448

#### **Location Address**

Truro School  
Trennick Lane,  
Truro  
Cornwall TR1 1TH

No contact is to be made with the School. **Only** contact the meeting organiser using the contact details above. Thank you.

## **Championship Pen Order**

### **From Left to Right at the Start Position**

Pen Order Left to Right	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
<b>Minor Girls</b>	Dorset	Cornwall	Wiltshire	Devon	Avon	Somerset	Glo'shire
<b><u>Minor Boys</u></b>	Glo'shire	Dorset	Cornwall	Wiltshire	Devon	Avon	Somerset
<b><u>Jun Girls</u></b>	Somerset	Glo'shire	Dorset	Cornwall	Wiltshire	Devon	Avon
<b><u>Jun Boys</u></b>	Avon	Somerset	Glo'shire	Dorset	Cornwall	Wiltshire	Devon
<b><u>Inter Girls</u></b>	Devon	Avon	Somerset	Glo'shire	Dorset	Cornwall	Wiltshire
<b><u>Inter Boys</u></b>	Wiltshire	Devon	Avon	Somerset	Glo'shire	Dorset	Cornwall
<b><u>Sen Girls</u></b>	Cornwall	Wiltshire	Devon	Avon	Somerset	Glo'shire	Dorset
<b><u>Sen Boys</u></b>	Dorset	Cornwall	Wiltshire	Devon	Avon	Somerset	Glo'shire

## **Presentation**

Presentation of all awards will take place in the Sportshall at the conclusion of all of the races. All counties are reminded to return any team shield won the previous year at the declaration desk in Room 19.

## **Parking**

All team coaches will be required to park in the local Coach Park as detailed on the attached Map, which is approximately half a mile away from Truro School. There will be limited parking at Truro School for mini buses and motor vehicles. (Please see separate sheet with map and directions).

**Cornwall School Athletic Association  
Cross Country Map  
Appendix A**



**Small Lap = A + B**

**Medium Lap = A+B+C+E+F+G**

**Large Lap = A+B+C+D+E+F+G**