

Leicestershire Athletic Association

Cross-Country League - Match 1

Sunday 7th October 2018

Ortlers Plantation, Kirkby Lane, Woodhall Spa

1.	10.20	u/11 Boys and Girls	1 Small lap	1604 Meters
2.	10.30	u/13 Girls	1 Large Lap	2883 "
3.	10.35	u/20 Sen/Vet Men	3 Large Laps	8649 "
4.	10.38	u/13 Boys	1 Large lap	2883 "
5.	11.10	u/17/u20/Sen/Vet Women	2 Large Laps	5766 "
6.	11.30	u/17 Men	2 Large Laps	5766 "
7.	11.45	u/15 Girls	1 Small, 1 Medium Lap	4484 "
8.	11.55	u/15 Boys	1 Small, 1 Medium Lap	4484 "

Notes

- (a) Course - comprising of Woodland Rides on light sandy soil
- (b) Surface - suitable for small track spikes, i.e. 6mm or studs
- (c) Car Parking - in main car park, plus roadside verges along Kirkby Lane - please park with consideration for others
- (d) First Aid -
- (e) Toilets - two Porta loos in the car park
- (f) No changing facilities available
- (g) Participating clubs to provide two marshalls and report to John Farnis at the start for instructions
- (h) Litter - Under no circumstances drop any litter at the venue
- (i) Course clearance - as soon as the runner in the final race has passed their position, the marshalls to collect any course signage/litter and deliver it to the finish area.