

West Wales Cross Country Championships (Incorporating West Glamorgan League 2) Sunday November 6th 2011.

Swansea University Playing Fields, Fairwood Common, Gower (near Swansea Airport) and incorporates the West Wales Cross Country Championships.

Registration - (11am - 12.50pm), will be in the Sports Pavilion.

Footwear - Spikes

Facilities - Changing, Showers & Refreshments available. Limited Car Parking (Please car share if possible).

Entries - ALL ENTRIES WILL BE ON THE DAY UNTIL 30 MINUTES BEFORE RACE START (There are no postal entries)

Race Timetable:

12.00pm Under 13 Girls (2.8km)

1 large lap = Start-A-B-C-D-E-F-G-H-F-I-Finish

12.15pm Under 13 Boys & Under 15 Girls (2.8km)

1 large lap = Start-A-B-C-D-E-F-G-H-F-I-Finish

12.30pm Under 15 Boys & Under 17 Girls (4.1km)

1 small lap plus 1 large lap = Start -A-B-C-I-Finish-A-B-C-D-E-F-G-H-F-I-Finish

12.50pm Under 17 Men/Under 20 Women*/Senior Ladies* (5.1km)

1 medium lap plus 1 large lap = Start-A-B-C-D-E-F-I-Finish-A-B-C-D-E-F-G-H-F-I-Finish

1.20pm Under 20 Men* & Senior Men* (9.9km)

1 small lap plus 3 large laps = Start-A-B-C-I-(x1)-Finish-A-B-C-D-E-F-G-H-F-I-Finish (x3)

*Incorporates West Glamorgan Cross Country League Fixture

Presentation of Awards - Medals to the first 3 finishers in all races including veteran categories. Junior Awards will take place on the day. Presentation of Senior Awards will be issued at a later date. Full race results and report by e-mail.

Entry Fees: £2 Athletes Registered with Welsh Athletics/£4 Non Registered (West Glam League/Seniors Only). Entry into the Championships is for athletes registered with Welsh Athletics only.

Directions - For those with Sat Nav - SA2 7JX, but when travelling through Upper Killay, follow the road for South Gower when you have crossed the cattle grid. About 150 metres after the cattle grid there is an unmarked left turn - follow the road into the University Playing Fields.

