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SOUTH WEST COUNTIES CROSS COUNTRY CHAMPIONSHIPS, 10 JANUARY 2010
CONFIRMATION OF ENTRY

Dear Participant,

Thank you for entering the South West Cross-Country Championships, which will be held at Bicton College on Sunday 10th January.

Numbers will be available for collection on the morning of the event in the main hall, opposite the main car park.

Although there was no separate box to designate Under 20 and Veteran status for participants in the senior race in the online entry, these will be calculated automatically.

Parking is very limited. Please share lifts if at all possible. Arrive early to allow time for parking, which may be slow at peak times.

Food and hot drinks will be available in the college refectory. There is an entrance to this between the main hall and the course. **PLEASE REMOVE MUDDY SHOES BEFORE GOING INTO THE REFECTORY.** This should be open throughout the afternoon, serving both drinks and hot food.

There will be toilets (portaloos) opposite the main hall.

Please note that there are no showers or changing facilities. You are advised to bring some spare warm, dry kit for after your event.

This year there will be commemorative event T shirts for sale at the site on the day.

The course is as per published map, but the following small changes will be made. Because there is an event taking place in the equestrian centre at the bottom of the hill, and loud noise can disturb the horses, we will be cutting the corners short at points J and K marked on the map. **PLEASE AVOID THESE PARTS OF THE COURSE WHEN SUPPORTING YOUR ATHLETES.** This is a simple gesture which I know will be appreciated.

Please do not worry the livestock and wildlife. This is a working agricultural college, and you should treat all animals with respect (in particular the peacocks).

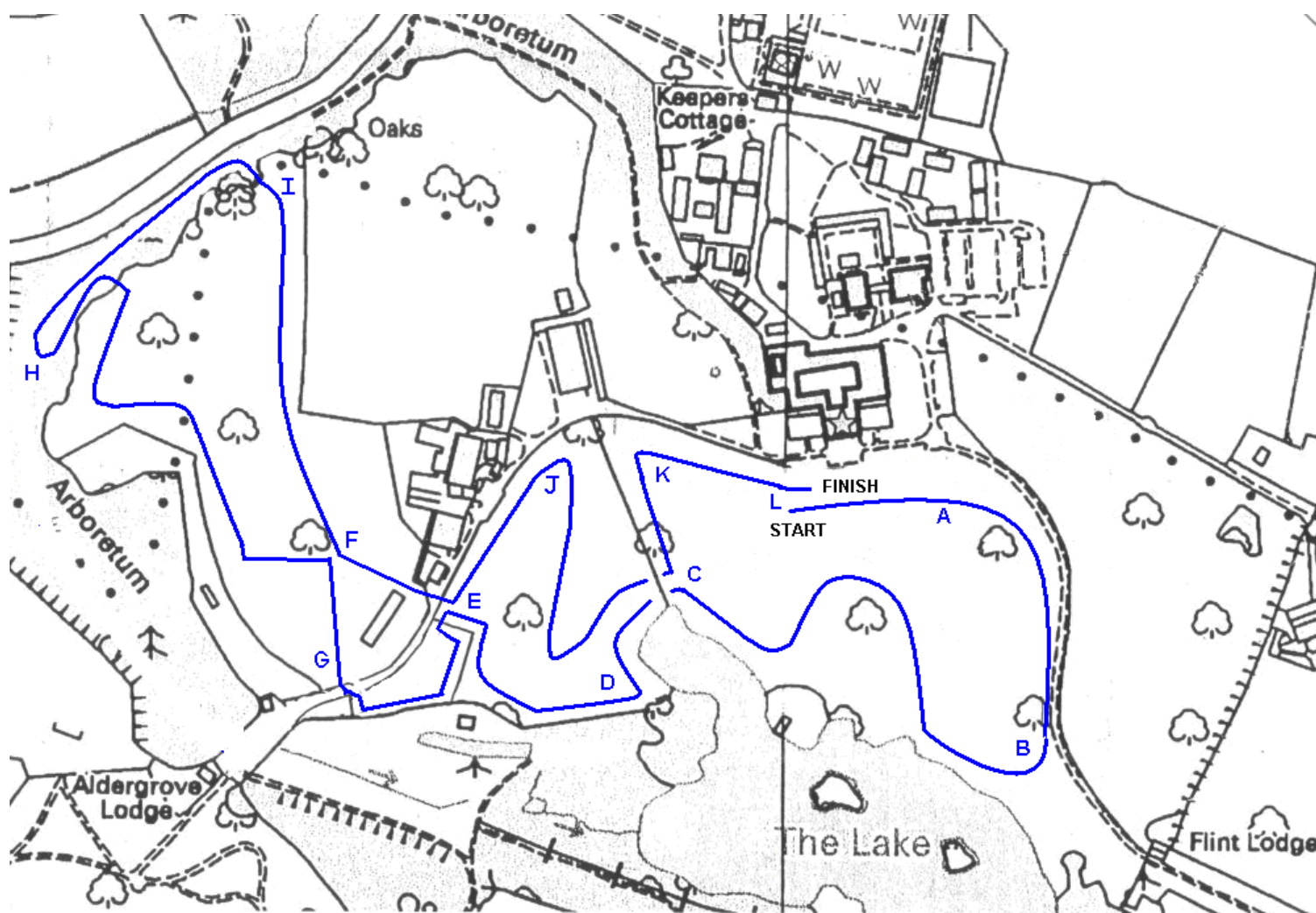
Coaches: There is parking available for 4 coaches on site. You can drop athletes off once parked.

I wish you the best of luck on the day, and would be pleased to receive any feedback or suggestions regarding the event.

Regards,

Neil Miller
South West Regional Council & Event Organizer
SWXC@neilmiller.info

South West Championships – Bicton College 10th January 2010



Small Lap	A-B-C-K-L	990m
Medium Lap	A-B-C-D-E-J-C-K-L	1690m
Large Lap	A-B-C-D-E-G-H-I-F-E-J-C-K-L	2790m

RACE TIMETABLE

12:40	U13G	2680m	Small + Medium		
12:55	U13B	2680m	Small + Medium		
13:10	U15G	3670m	2 x Small + Medium		
13:28	U15B	3670m	2 x Small + Medium	13.52	Presentations for U13G, U13B
13:45	SM	7590m	2 x Small + 2 x Large	14.12	Presentations for U15G, U15B
14:10	SW	5580m	2 x Large	15.00	Presentations for U20M, SM
14:26	U17M	5580m	2 x Large	15.30	Presentations for U20W, SW
14:40	U17W	4370m	Small + 2 x Medium	15.45	Presentations for U17M, U17W

DIRECTIONS

From the M5 take junction 30 signposted Exmouth, Sidmouth, Bicton Park. At the first roundabout take the road signposted Sidmouth/Bicton Park and stay on this road until you reach the village of Newon Poppleford. At the mini roundabout take the right hand turn to Budleigh Salterton and Bicton Park. After 2 miles, Bicton College will be found on the right hand side, just before Bicton Park. Proceed under the arch gatehouse and up the monkey puzzle avenue.

For those wanting to use Auto Route, the post code for Bicton College is EX9 7BY, Ordnance Survey SY 072 865