



South West Cross-Country Championships
Bicton College, Exmouth Devon
Sunday 10th January 2010



This event draws runners from across the South West, and incorporates an inter-county event (Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire) as well as club team championships. Aiming to be complementary to the Midland and Southern Counties cross-country championships, this event is particularly popular with runners from the more geographically remote parts of the South West.



In recent years, the South West Cross-Country Championships has settled on Bicton Agricultural College, near Exmouth. With rolling hills and an ornamental lake as a backdrop, this provides a scenic as well as a tough challenge. Race lengths are slightly short of the major championship distances, in recognition of the terrain and the fact that, for most participants, this is the first race following the Christmas break.



The format accommodates both club and county championships, and for many youngsters this will be their first experience of an inter-county event. However, the relative informality compared to the UK and Schools Championships provides a great way of introducing new athletes to a higher standard of competition. For seniors, this event offers the chance to take on some of the fastest runners in the region over a scenic and true, varied cross country course.



Want to enter ?

You can download a form from

www.Englandathletics.org OR

www.midlandathletics.org.uk OR

enter online at

www.race-results.co.uk/results/2010/

