



## GLOUCESTERSHIRE CROSS COUNTRY LEAGUE 2009 to 2010 – MATCH 4 SATURDAY 06 FEBRUARY 2010

**Venue: Pittville Park, by LeisureatCheltenham, Tommy Taylors Lane, Cheltenham**

**Contacts: Dave McNamee 01242 677587**

### **TIMETABLE**

**1200** Under 11 Boys 1 small lap

**1210** Under 11 Girls 1 small lap

**1220** Under 13 Boys 2 small laps

**1235** Under 13 Girls 2 small laps

**1255** Under 15 Boys 3 small laps

**1315** Under 15 Girls/ Under 17 Women 3 small laps

**1335** Under 17 Men 2 medium laps

**1345** Under 20, Senior & Vet Ladies 2 large laps

**1415** Under 20, Senior & Vet Men 3 large laps

Welcome to Cheltenham for the final fixture in the Gloucestershire cross-country league series.

**Toilets, Changing & Showers** will be in the Leisure Centre. Please follow the signage. There are NO exits to the course from the back of the centre.

PLEASE NOTE THAT ALL COMPETITORS, SPECTATORS AND SUPPORTERS OF THE LEAGUE MUST REMOVE ANY MUDDY SHOES, BOOTS, SPIKES BEFORE ENTERING OR YOU MAY BE REFUSED ENTRY !

N.B. THERE ARE NO CROSS COUNTRY FACILITIES AT THE PRINCE OF WALES STADIUM !

For various reasons we are unable to provide refreshments on course. There will be catering facilities located within the Leisure Centre.

**First Aid / Medical** – St Johns Ambulance personnel will be in attendance.

**Parking** is available on both sides of the recreation centre (i.e. Swimming Pool and Stadium sides). *If there is Rugby match taking place, then parking on the Stadium side will be limited.* We also urge you to lock your cars and keep a watchful eye on all belongings when in the Park. The public has free access and the constant security of unattended kit etc cannot be guaranteed.

**IMPORTANT** It will be advisable to walk and survey the course, particularly the stream crossing, to familiarise yourselves with all the hazards of the course. All such hazards and all obstacles (man hole cover) will be highlighted with marking tape and/or directional arrows.

**Course maps** are included with this letter and will also be posted in the Start/Finish area of the course.

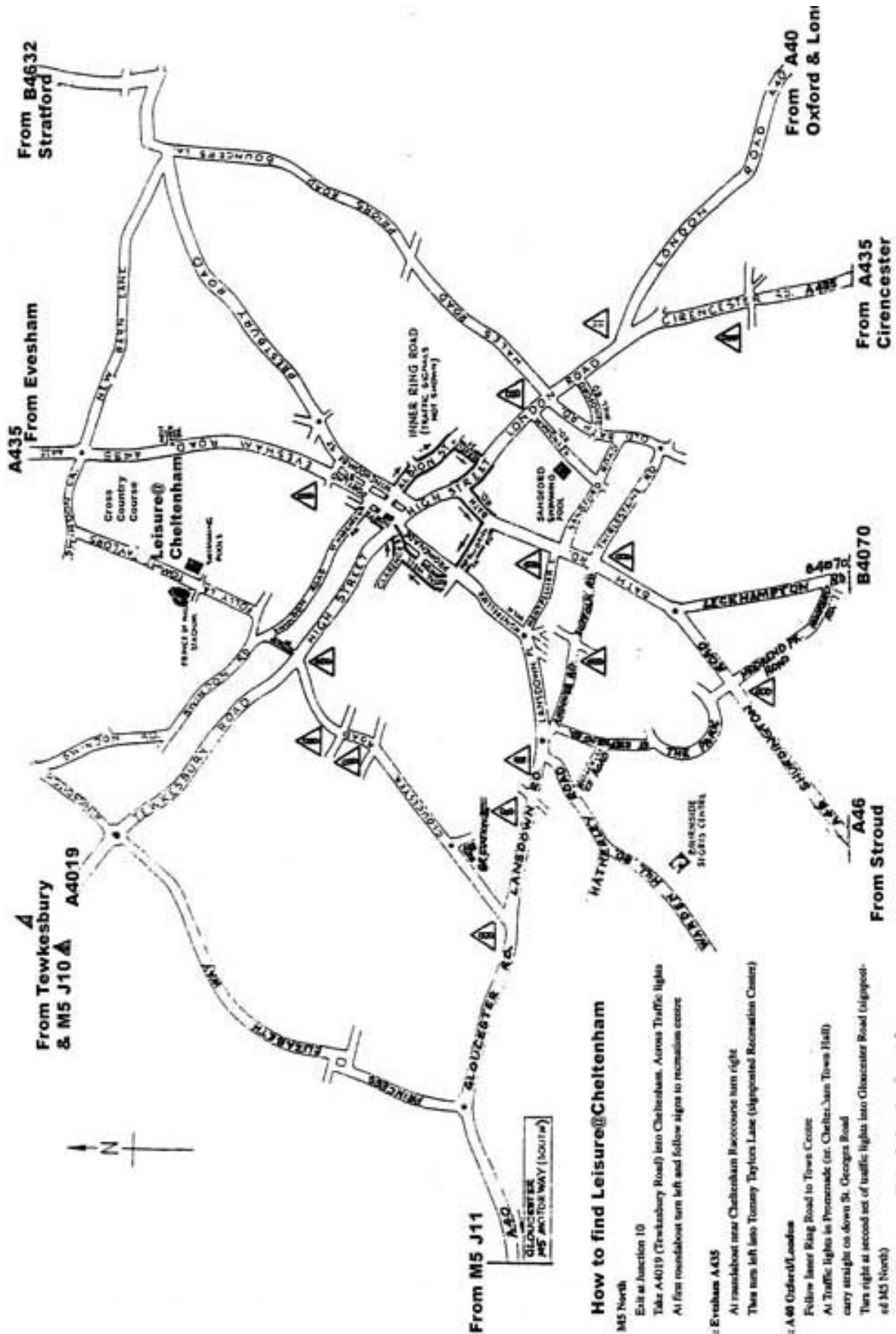
**Travel directions** are on the reverse of this letter.

**Results.** The League hopes to provide provisional results of the earlier races on the day, resources permitting, but they will be published as soon after the event as possible they will be published on the web at **[www.glosaaa.org.uk](http://www.glosaaa.org.uk)**

We do hope you enjoy your cross-country and have a good afternoon's competition.

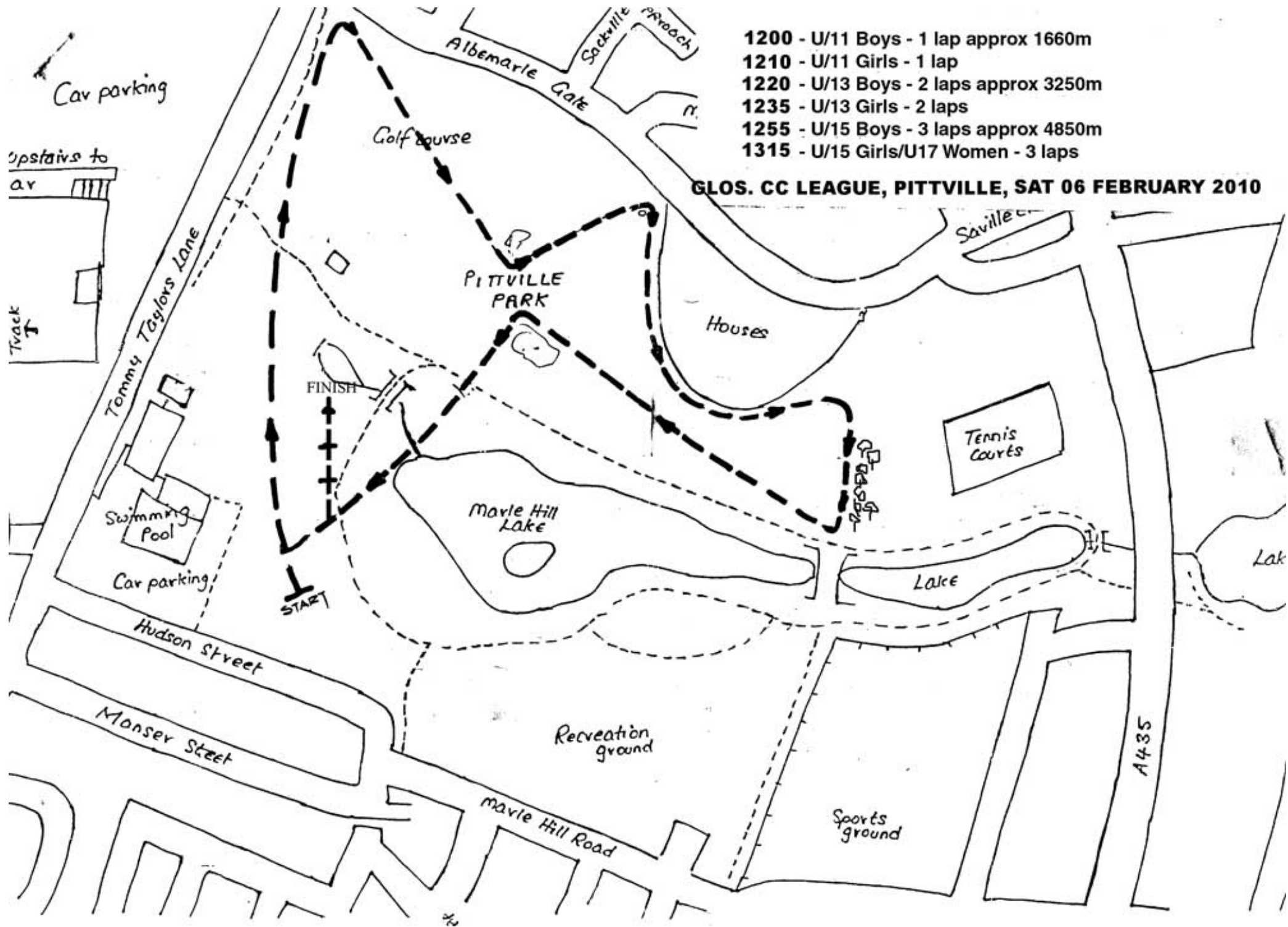
**Your co-hosts: Almost Athletes, Cheltenham and County Harriers and CLC Striders  
!**

**MAP OF HOW TO FIND THE LEISURE@CHELTENHAM SPORTS CENTRE**



**How to find Leisure@Cheltenham**

- From M5 North**
  - Exit at Junction 10
  - Take A4019 (Tewkesbury Road) into Cheltenham. Across Traffic lights
  - At first roundabout turn left and follow sign to recreation centre
- From: Evesham A435**
  - At roundabout near Cheltenham Racecourse turn right
  - Then turn left into Tommy Taylors Lane (signposted Recreation Centre)
- From: A40 Oxford/London**
  - Follow Inner Ring Road to Town Centre
  - At Traffic lights in Promenade (at Cheltenham Town Hall) carry straight on down St. George's Road
  - Then right at second set of traffic lights into Gloucester Road (signpost at M5 North)
  - and pass over two sets of lights. Stadium then signposted (Recreation Centre)

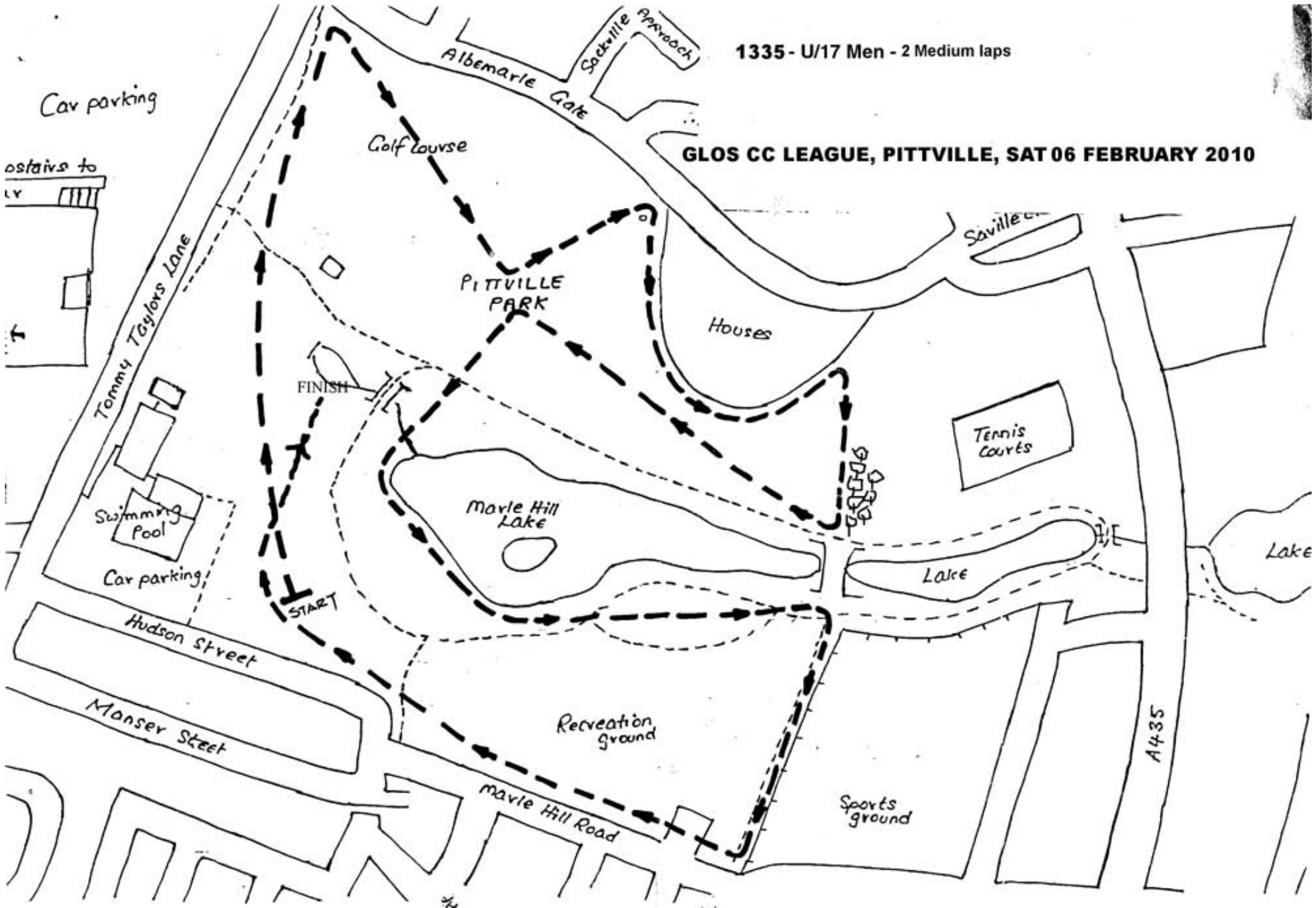


- 1200 - U/11 Boys - 1 lap approx 1660m
- 1210 - U/11 Girls - 1 lap
- 1220 - U/13 Boys - 2 laps approx 3250m
- 1235 - U/13 Girls - 2 laps
- 1255 - U/15 Boys - 3 laps approx 4850m
- 1315 - U/15 Girls/U17 Women - 3 laps

**GLOS. CC LEAGUE, PITTVILLE, SAT 06 FEBRUARY 2010**

1335 - U/17 Men - 2 Medium laps

**GLOS CC LEAGUE, PITTVILLE, SAT 06 FEBRUARY 2010**



1345 - U/20 and Senior Women - 2 laps approx 6100m

1415 - U/20 and Senior Men - 3 laps approx 9130m

Glos CC league - Pittville Park-Sat 06 FEBRUARY 2010

