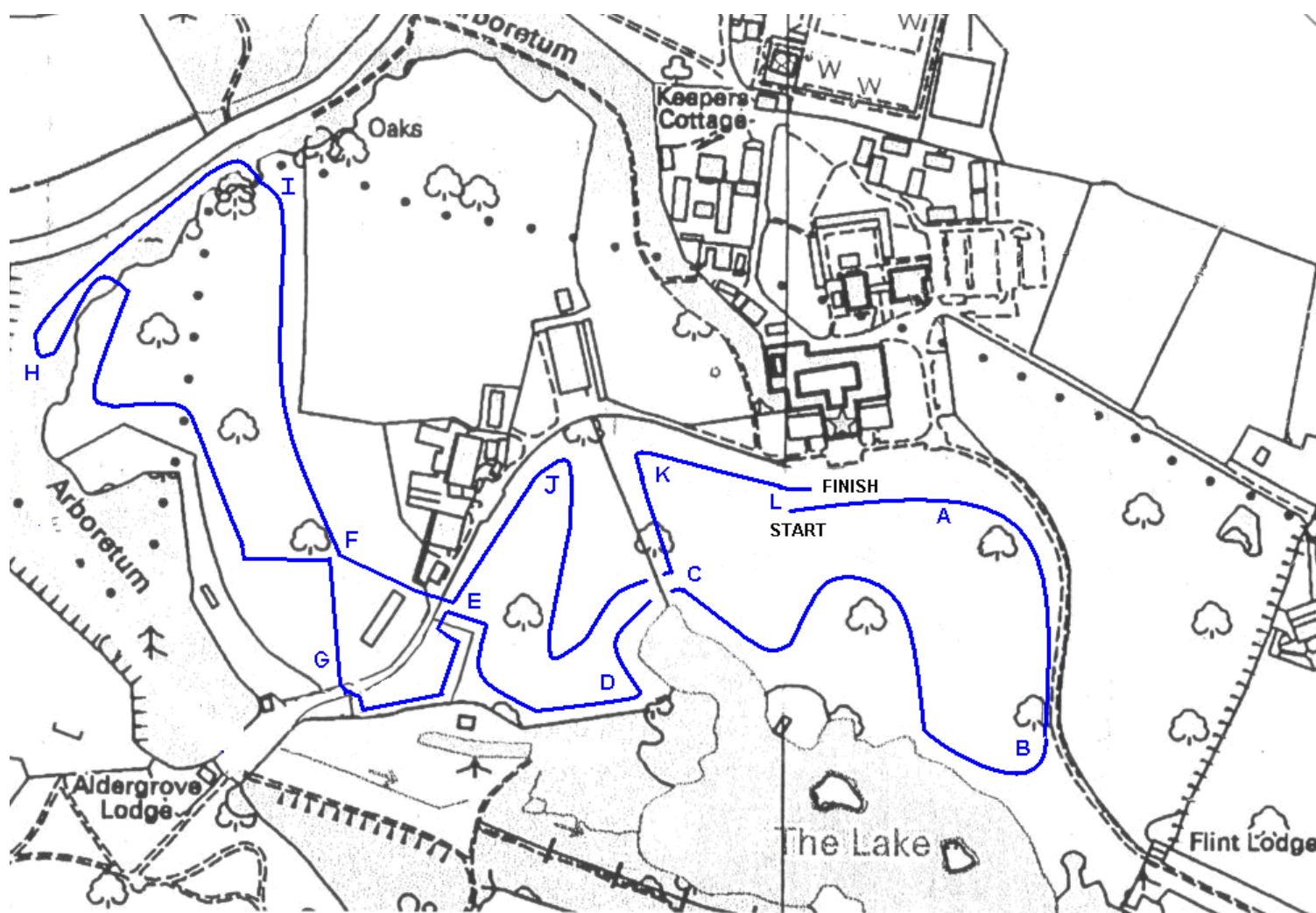


South West Championships – Bicton College 10th January 2010



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 Popleford. 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.

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