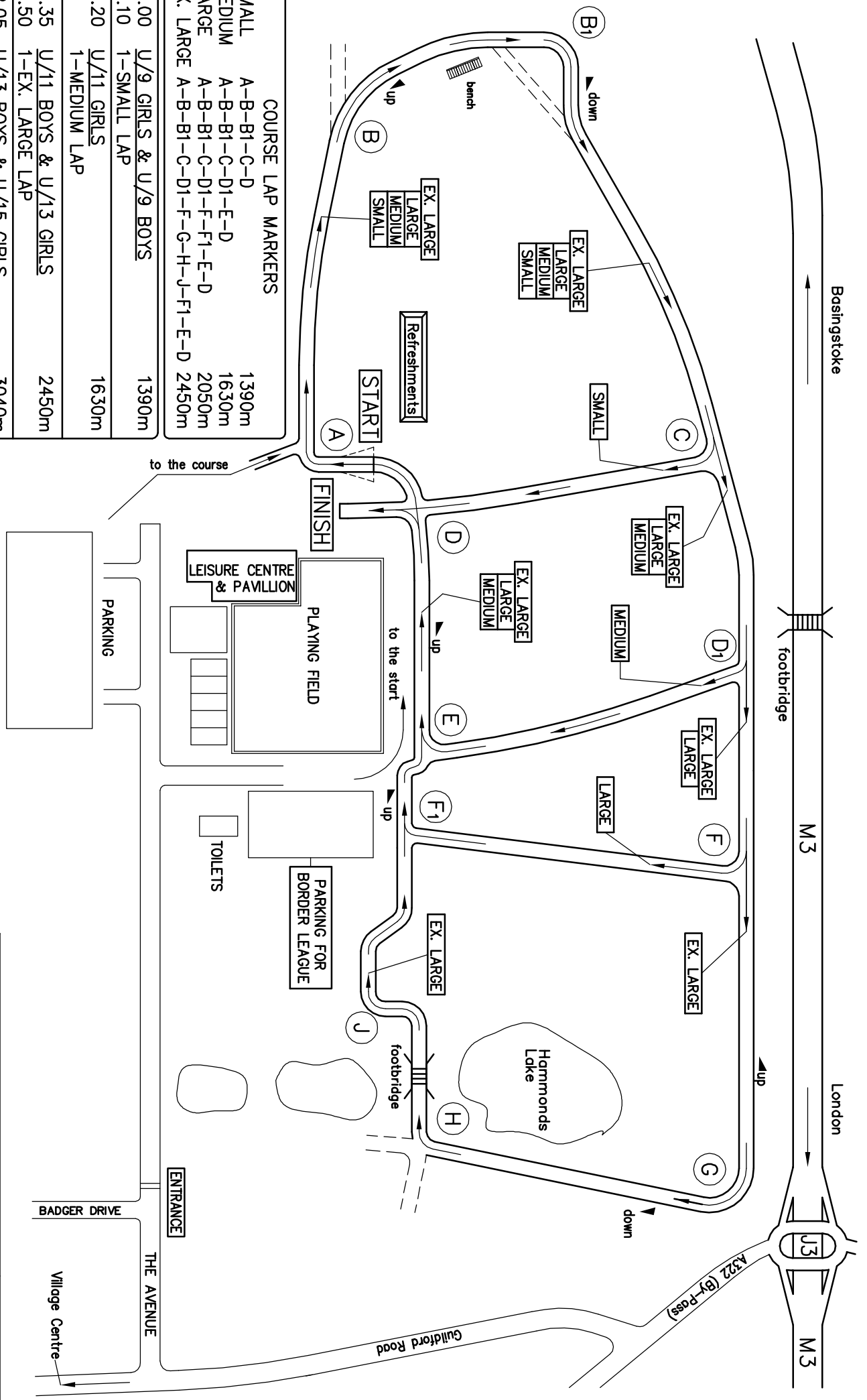


NEWBURY BORDER LEAGUE CROSS COUNTRY – LIGHTWATER COUNTRY PARK



COURSE LAP MARKERS		
SMALL	A-B-B1-C-D	1390m
MEDIUM	A-B-B1-C-D1-E-D	1630m
LARGE	A-B-B1-C-D1-F-F1-E-D	2050m
EX. LARGE	A-B-B1-C-D1-F-G-H-J-F1-E-D	2450m

11.00	U/9 GIRLS & U/9 BOYS	1390m
11.10	1-SMALL LAP	
11.20	U/11 GIRLS	1630m
	1-MEDIUM LAP	
11.35	U/11 BOYS & U/13 GIRLS	2450m
11.50	1-EX. LARGE LAP	
12.05	U/13 BOYS & U/15 GIRLS	3040m
12.25	1-SMALL LAP & 1-MEDIUM LAP	
12.40	U/15 BOYS	4100m
	2-LARGE LAPS	

THE COURSE IS MARKED BY TAPE AND ARROWS AND MARSHALLED AT MARKER POINTS SHOWN

CAMBERLEY & DISTRICT A.C.
 NOT TO SCALE
 Chris Dent Feb 07
 THE USE OF THIS LAND IS BY KIND PERMISSION OF SURREY HEATH BOROUGH COUNCIL. WE ASK THAT YOU PLEASE TAKE ANY LITTER AWAY WITH YOU. THANKYOU