



WEST MIDLANDS YOUNG ATHLETES CROSS COUNTRY LEAGUE

Perry Park, Birmingham

**The Last of Five Meetings
Sunday 7th March 2010**

Dear Athlete,

The last cross country meeting of the West Midlands Young Athletes Cross Country League is on Sunday 7th March 2010 at Perry Park in Birmingham, directions are on the reverse of this letter.

The timetable for the day is as follows: -

11:00	U/11 Girls	1 full lap
11:15	U/17 Women	2 full laps
11:35	U/11 Boys	1 full lap
11:50	U/15 Girls	2 full laps
12:10	U/13 Boys	1 small lap + 1 full lap
12:30	U/13 Girls	1 small lap + 1 full lap
12:50	U/15 Boys	2 full laps
13:10	U/17 Men	3 full laps

A full lap is approximately 1 mile and a small lap half a mile.

Please make sure you are there 1 hour before your race start time, so that you have time to collect your number from your team manager, look at the course and warm up.

Team Managers

Girls Team Manager Rita Brownlie 01564 824358 / 07905 063321
Boys Team Manager Calvin Scoltock 01527 892019 / 07885 232667 / cjs@scoltock.co.uk

Remember long spikes are recommended for these events.

B&R maintained their 9th position out of 20 clubs after the last cross country meeting at Nuneaton.

Yours in Sport
Bromsgrove & Redditch Athletic Club
Youth Section

From M6

Leave motorway at Junction 7.

Proceed towards Birmingham on A34

Alexander Stadium, Perry Barr is on the left immediately after the Birmingham Crematorium.

Enter Park from Church Road, 1st left after Crematorium.

From Birmingham

Leave Birmingham on A34 to Walsall.

Proceed along A34 turning right into Church Road

Entrance to Stadium is immediately on left.