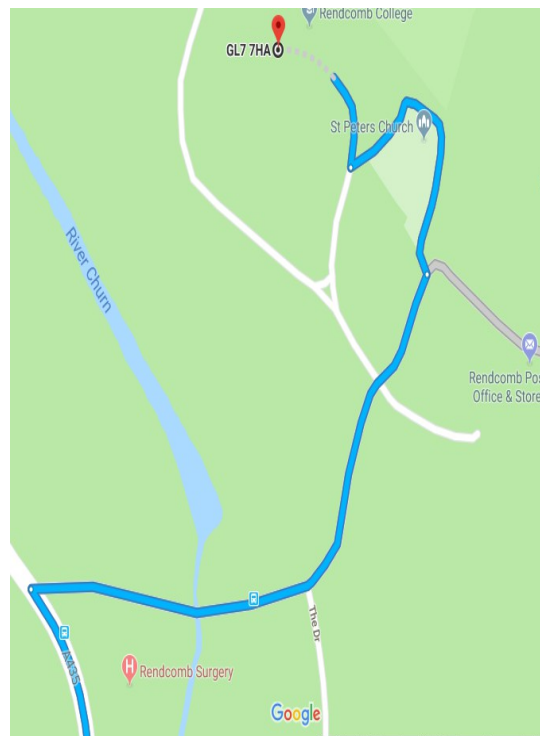


Gloucestershire Cross Country Country Championships at Rendcomb College 05/01/19 Promoted by Cirencester AC

The postcode for Rendcomb college is GL7 7HA. Please park in the visitors car park (liftshare were possible as there is limited parking).

Travel directions

Rendcomb College is located off the A435 between Cheltenham and Cirencester. Signs and marshals will direct you to the car park on your approach.



As this is a school field we have been asked to remind you that for health reasons dogs are not allowed on the school grounds.

The course is suitable for studded shoes and spikes. It is good practice to walk the course before racing. It consists of a mix of grazed fields, wooded tracks and several stream crossings. It is run anti-clockwise.

We ask that all runners and spectators avoid walking on the college lawns and remove their footwear before entering any of the buildings. Refreshments and portaloos are near the school buildings.



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Age category	Time	Distance	Laps
Under 11 Girls	11:45 am	2.00 km	2 x Small lap
Under 11 Boys	12:00 noon	2.00 km	2 x Small lap
Under 13 Girls	12:15 pm	3.00 km	2 x Medium lap
Under 13 Boys	12:45 pm	3.00 km	2 x Medium lap
Under 15 Girls/U17 Ladies	13:15 pm	4.5 km	1 x large lap 1 x medium lap
Under 15 Boys/U17 Men	13:40 pm	4.5 km	1 x large lap 1 x medium lap
Junior/Senior/Vet Ladies/M65+	14:05pm	6.5 km	2 x large lap
Junior/Senior/Vet Men M40 to M60	15:00 pm	10 km	3 x large lap



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Large lap 3.3 km



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Medium lap 1.44 km



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Small lap 1.00 km



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