

The first Gloucestershire CC League meeting of 2024 to 25 season is at Yate on 12<sup>th</sup> Oct 2024. The event is hosted by Yate and Sodbury Striders.

The venue is [Yate Outdoor Sports Complex | Yate Outdoor Sports Complex \(yate-outdoor-sports-complex.co.uk\)](http://Yate Outdoor Sports Complex | Yate Outdoor Sports Complex (yate-outdoor-sports-complex.co.uk)) . The post code is BS37 7LB; the What3Words address is coairtime.overgrown.rolled .

There is adequate car parking with refreshments and toilets in the centre. Registration and display of results will be in the sports hall to the back of the site. (What3Words grape.mornings.riverbank)

Note that although boys and girls run in the same race the races are scored and displayed separately.

**Please keep muddy footwear off the track. Access to the course will be mainly through parts of the course at B so please take care not to obstruct runners.**

The time table is:

11:30 U13B & G; S1 2 x medium laps , finish leg = 3k 2 x (S1, B,C,E,S2,A) F

12:00 U11 B & G; S1 then rest of 1 large lap, finish leg = 2.1k S1,B,C,F,D,E,S2,A,F

12:25 U15 B & G; S1 , 2 x large laps , finish leg= 4.64k 2 x (S1, B,C, D, E,S2,A) F

SW,W35+,M65+,U17W,U17M; S1, 1 x medium lap, 2 x large laps 5.9k  
12:55 1 x (S1, B,C,D,E,S2,A) 2 x (S1, B,C, D, E,S2,A) F

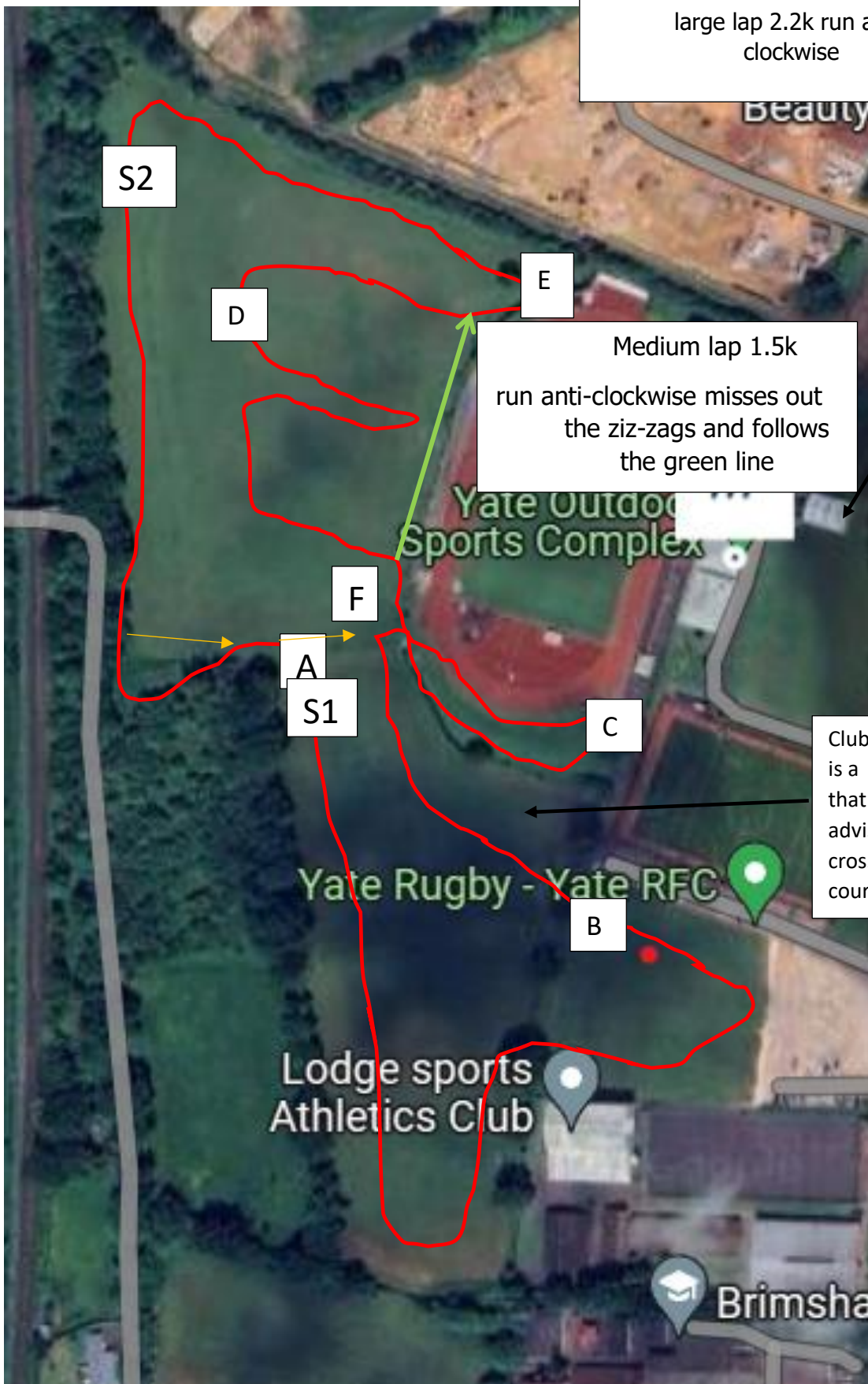
13:50 Senior M, M35 to 60; start leg omitting the slope, 4 x large laps 9k, finish leg  
S2, A, 4 x (S1, B,C, D, E,S2,A) F

It is best to arrive at least an hour or more before the race start to give time to collect a number card – one only on the athlete's chest secured at each corner so judges can easily record it – find toilets and walk the course. Assemble on the start line 5 minutes before the start time.

If you have entered the series you will be given 4 number cards - one for each race. If you lose them please ask at registration for a new card rather than handwrite the number as they can be hard to read.

Although the course has long flat sections, spikes or trails shoes with good traction will be needed on the slopes especially if wet. Road shoes may slip on the inclines.

**The league is entirely organised by volunteers so if you can help in any way – especially at the finish - please email [gloucestershireaaa@athletics4u.co.uk](mailto:gloucestershireaaa@athletics4u.co.uk) .**



large lap 2.2k run anti-clockwise

Medium lap 1.5k run anti-clockwise misses out the ziz-zags and follows the green line

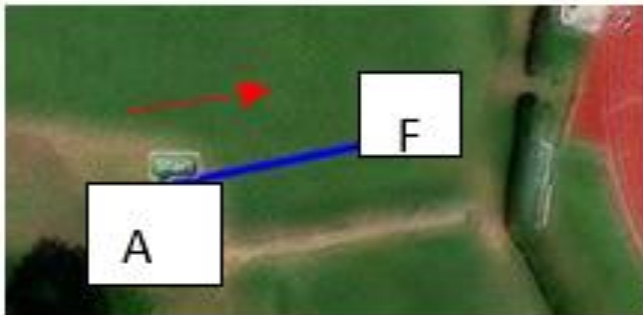
Registration

Club tents. This is a change to that previously advised avoids crossing the course.

Start leg misses out the sharp slope 0.240k



Senior men only



Finish leg