

# Charles Stanley Westward League – Newnham Park

## Sunday 6<sup>th</sup> October – License No CC2024/1288

The first fixture of the new season will be held at Newnham Park, Plymouth.  
The postcode to the venue is PL7 5BN.

The park is signposted from the B3417. There will also be local signs to the venue and parking. Parking is in the field next to the course on grass. Please follow the directions of the car park marshals. We have increased the area for parking this year and slightly adjusted the course for safety reasons.

Club tents may be put up near the start in the designated area.

We are very grateful to the Cobbold family for the use of this private estate. Please do not wander around the estate apart from the course areas. It is also only accessible on the day of the event. Do not try and go there beforehand to train please. Please make sure you take all litter away with you.

There will be portable toilets available but no changing. There will be a refreshment van on site.

The race timetable is shown here.

The course will be marked and marshalled. First Aid will be on site.

It is mostly suitable for spikes but there are some stony paths. Trail shoes may be an alternative but there is a short but steep downhill section toward the gate.

### Race timetable

10.30am	Course open to public		
12.15pm	U11 Boys/Girls	1650m	1 Small Lap
12.30pm	U17M/U17W/SW	5800m	2 Small Laps and 1 Large Lap
1.10pm	U13 Girls	2500m	1 Large Lap
1.30pm	U13 Boys	2500m	1 Large Lap
1.50pm	Senior Men	9150m	1 Small Lap and 3 Large Laps
2.45pm	U15 Girls and Boys	4150m	1 Small Lap and 1 Large Lap

Small Lap – Start - A - C - Finish

Large Lap – Start - A - B - C - Finish

For queries on the day please call Keith Reed on 07934379343

On behalf of the Charles Stanley Westward League we hope you have an enjoyable and safe day.