

# DEVON SCHOOLS' AA CROSS COUNTRY CHAMPIONSHIPS: SATURDAY 24<sup>th</sup> JANUARY 2026

KINGSLEY SCHOOL – NORTHDOWN ROAD, BIDEFORD, EX39 3LY

England Athletics Licence Number CC25/1773

12pm Primary Schools GIRLS RACE: (1 Short + 1 Long lap) **2065m**  
 12:15pm Primary Schools BOYS RACE: (1 Short + 1 Long lap) **2065m**  
 12:30pm MINOR GIRLS RACE (2 Short laps + 1 Long lap): **2550m**  
 12:45pm MINOR BOYS RACE (2 Short laps + 1 Long lap): **2550m**  
 1:00pm JUNIOR GIRLS RACE: (1 short lap + 1 Medium lap + 1 long lap) **3330m**  
 1:20pm JUNIOR BOYS RACE: (1 short lap + 1 Medium lap + 1 long lap) **3330m**  
 1:50pm INTER/GIRLS RACE: (2 Medium laps + 1 Long lap) **4230m**  
 2:10pm INTER BOYS RACE: (1 Short lap + 2 Medium laps + 1 Long Lap) **4595m**  
 2:35pm SENIOR BOYS RACE MENS RACE: **5465m** (1 Short lap + 3 long laps)

**PEN ORDER: Left to Right** Pens 1/2 Pens 3/4 Pens 5/6 Pens 7/8

	EAST	NORTH	SOUTH	WEST
Primary Girls' Race	NORTH	SOUTH	WEST	EAST
Primary Boys' Race	SOUTH	WEST	EAST	NORTH
Minor Girls' Race	WEST	EAST	NORTH	SOUTH
Minor Boys' Race	EAST	NORTH	SOUTH	WEST
Junior Girls' Race	NORTH	SOUTH	WEST	EAST
Junior Boys' Race	SOUTH	WEST	EAST	NORTH
Inter/Senior Girls' Race	WEST	EAST	NORTH	SOUTH
Inter Boys' Race	EAST	NORTH	SOUTH	WEST



## NOTES:

**RACE REGISTRATION IS OPEN FROM 10:30am.**

ON ARRIVAL GO TO THE PREPARATORY SCHOOL HALL TO CHECK IN WITH YOUR AREA TEAM MANAGER WHO WILL ISSUE YOUR RACE NUMBER IN RETURN FOR THE 'MATCH FEE' OF £2 PER ATHLETE.

RUNNERS ARE ADVISED TO WALK THE COURSE BEFORE THEIR RACE AS THE COURSES ARE NARROW IN PLACES WITH SOME EXPOSED TREE ROOTS SO TAKE EXTRA CARE ESPECIALLY ON THE DOWNHILL SECTIONS. THERE IS A NARROW GATEWAY BETWEEN E & G

**RUNNING SPIKES**  
 (Recommended 12mm)  
 SOME PARTS OF THE COURSE NEAR BELVOIR DRIVE (bottom of the map) CAN GET VERY WET

**HOT & COLD REFRESHMENTS ON SALE BY COURSE POINT C OUTSIDE THE SPORTS HALL FROM 10:30am**

**Race Referee: Keith Reed (Devon AA)**

## COURSE DESCRIPTIONS

Short Lap of Start Field = 365 metres  
 START – A – START – A  
 Medium Lap = 1265 metres  
 START-A-B-C-D-E-G-FINISH  
 Long Lap = 1700 metres  
 START-A-B-C-D-E-F-G-FINISH