

**Cambridge and Coleridge AC**  
**ROUND 3 ESSEX CROSS COUNTRY LEAGUE**  
**SATURDAY 19th November 2016 -**  
**Horseheath point to point racecourse CB21**  
**4QF**

It is our turn to host the Essex Cross Country League

The timetable is as follows:

<b>Time(Approx)</b>	<b>Age Group</b>	<b>Distance</b>
10.15	Under 11 Girls and Under 11 Boys	1.8k
10.30	Under 13 Girls and Under 13 Boys	3k
11.00	Under 15 Girls and Under 15 Boys	4k
11.30	Under 17/20 Women	5k
12.00	Under 17 Men/Sen Women	6k
12.45	Senior Men	8k

**A few important notes for this fixture**

- Please note that the postcode does not take you exactly to the site. It will be sign posted from the main road. Please follow these signs.
- When leaving the car park you can only turn left onto the dual carriageway
- Car parking is close to the start within 200m.
- There is no shelter on the site and a limited number of toilets. However there will be a van serving tea/coffee and hot food.
- U 11s please register before 10am at the desk by the car park, entry for U11 race is £2.
- The course itself is mostly on grass, there are a few hard packed areas which need to be crossed close to the finish. The course is suitable for spikes.

**Richard Park**

## DIRECTIONS

### From M11 South and west

Leave at junction 9 for the A11.

Continue along the A11 for approximately 3 miles. Exit at the junction for the A 1307 towards Haverhill and Linton

You will continue along the A1307 passing through Great Abingdon and then Linton.

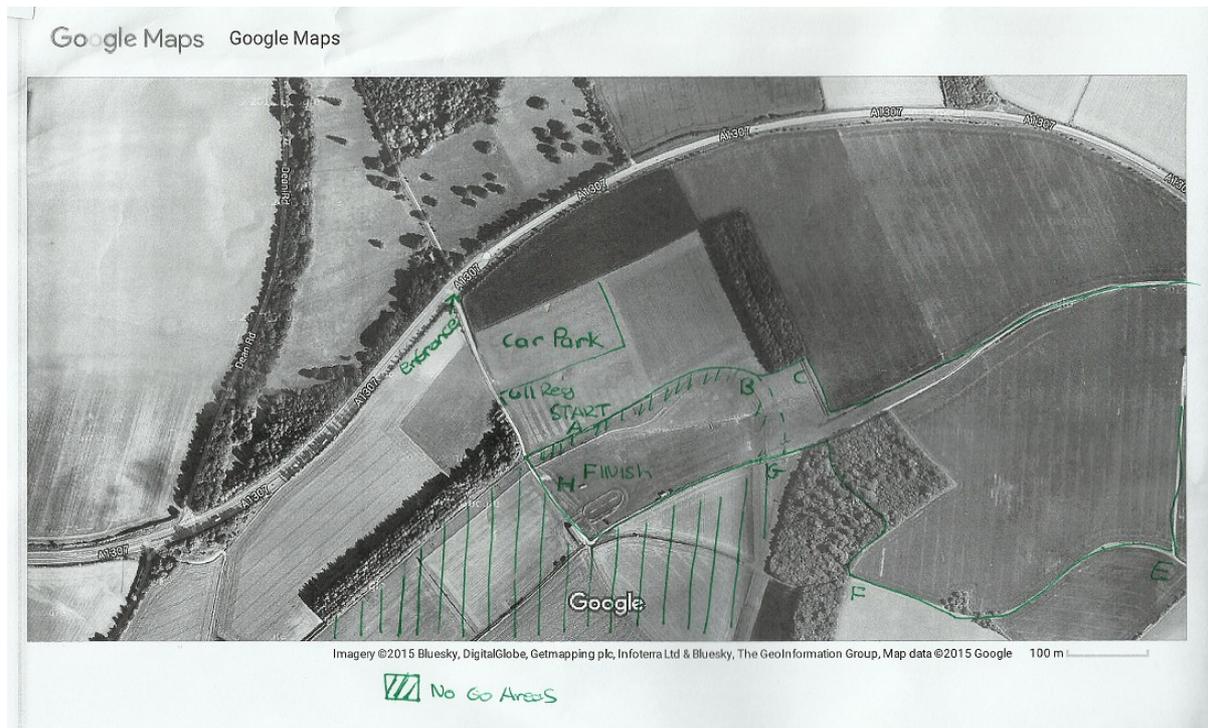
Once outside of Linton continue for another mile and then you will see signs for the race and HorseHeath point to point course is on the right.

### From the East

Once at Haverhill follow the A 1307 towards Cambridge and Horseheath.

Continue through Horseheath on the A1307 past where the sat nav takes you using the postcode given.

You will see signs to the Point to Point course on your left within a mile of leaving Horseheath.





A, B, G, H Small lap 1 km  
A, B, C, D, E, F, G, H Big lap 3 km

U11 Bogs + Girls A, B, G, H, A, B, G, H 1.8 km 2 small  
U13 Bogs + Girls A, B, C, D, E, F, G, H 3 km 1 Big  
U15 Bogs + Girls, A, B, G, H, A, B, C, D, E, F, G, H 4 km  
1.5 small + 1 Big 1/1



A, B, G, H Small 1 km  
A, B, C, D, E, F, G, H Big 3 km

U17/020 A, B, G, H, A, B, G, H, A, B, C, D, E, F, G, H 5 km 2 small + 1 Big  
U17M/SW A, B, C, D, E, F, G, H, A, B, C, D, E, F, G, H 6 km 2 Big  
SM A, B, G, H, A, B, G, H, A, B, C, D, E, F, G, H 8 km 2 small + 2 Big  
A, B, C, D, E, F, G, H 1/1