

COURSE MAP AND TIMETABLE 2023

Marshals - any problems contact Alan 07906509068

Time	Age group	Course	Distance
11.30	U11G	A,C,D,G to finish	1.9Km
11.45	U11B	A,C,D,G	1.9Km
12.00	U13G	A,B,C,D,F,G	2.8Km
12.15	U13B	A,B,C,D,F,G	2.8Km
12.30	U15G	A,B,C,D,E,F,G (1 large loop)	4.2Km
12.45	U15B	A,B,C,D,E,F,G (1 large loop)	4.2Km
13.00	U20/17 Women	A,C,G,A,C,D,E,F,G (1 small+1 large loop minus B)	5.0Km
13.15	Senior Women	A,C,G,A,B,C,D,E,F,G (1 small+1 large loop)	5.5Km
13.40	U17Men	A,C,G,A,B,C,D,E,F,G (1 small+1 large loop)	5.5Km
14.00	Senior/Junior Men	A,C,G,A,B,C,D,E,F,GA,B,C,D,E,F,G (1 small+2 large loops)	9.5Km

