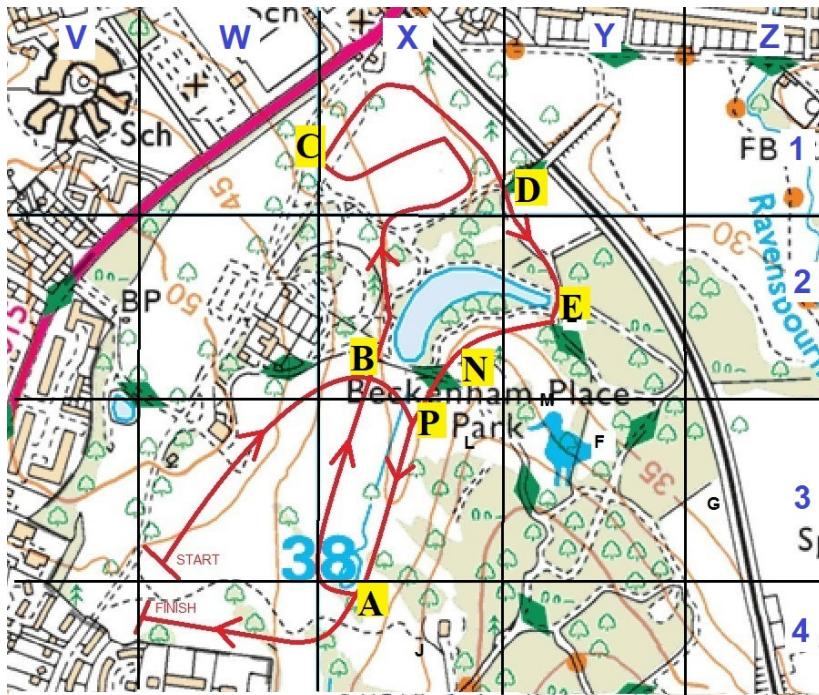
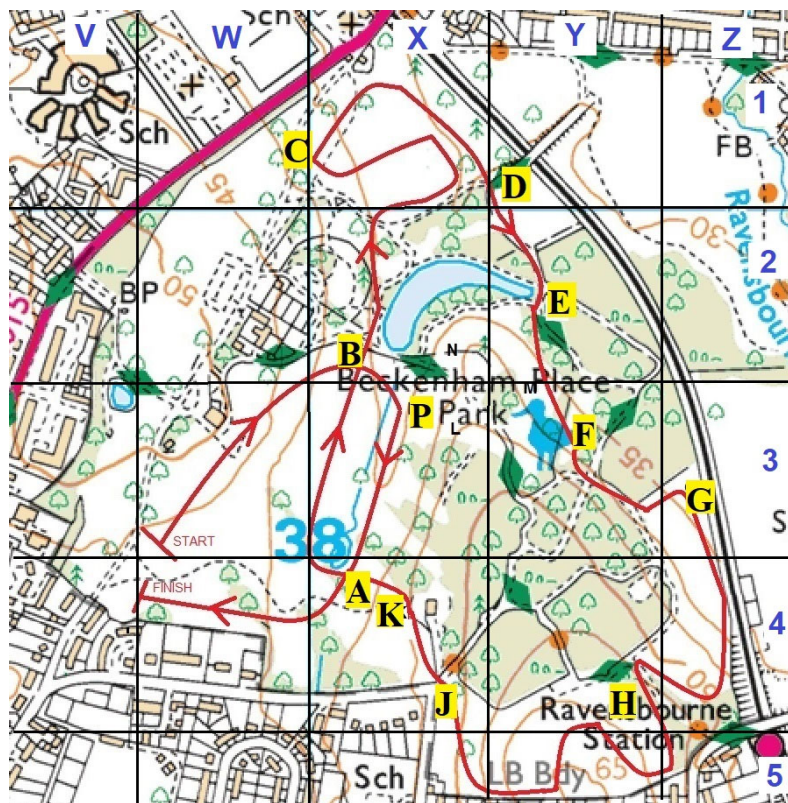


**SEAA Main XC Champs 27<sup>th</sup> January 2024 at Beckenham – Course Maps**  
*version 2 - U17W - 6km*



**Under 13 Girls**      3km Start loop + 1 Small Lap

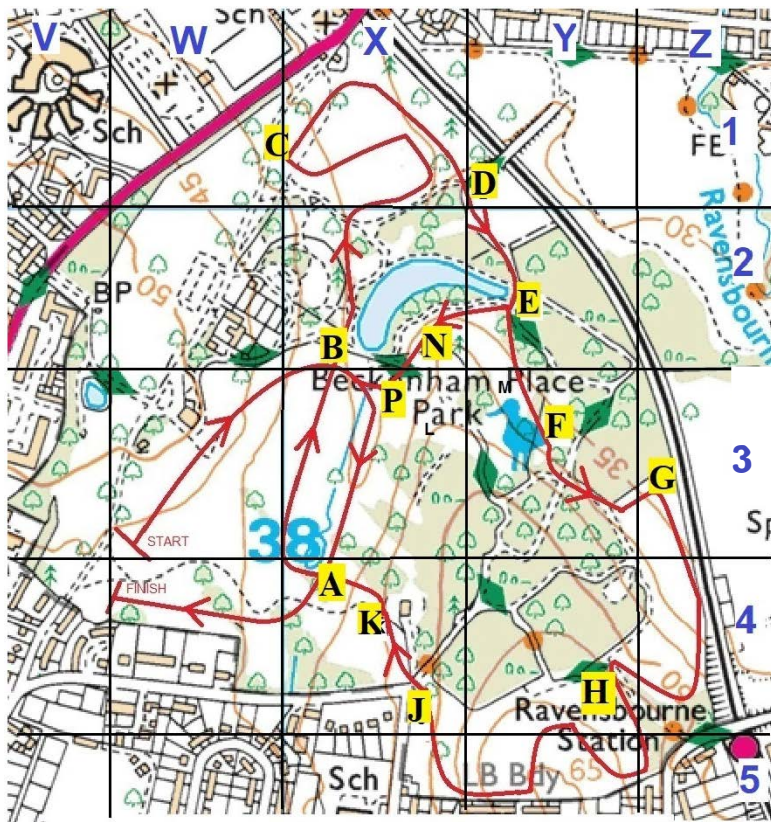
**Under 13 Boys**      Start Loop      Start - B-P-A  
                                  Small Lap      B-C-D-E-N-P-A-Finish



**Under 15 Boys**      4.5K 1 Start Loop + 1 Medium Lap

**Under 15 Girls**      (Start Loop)      Start-B-P-A-  
                                  (Medium Lap)      B-C-D-E-F-G-H-J-K-A- Finish





**Under 17 Men**

**6K** (Start Loop, Lake Lap and Medium Lap)

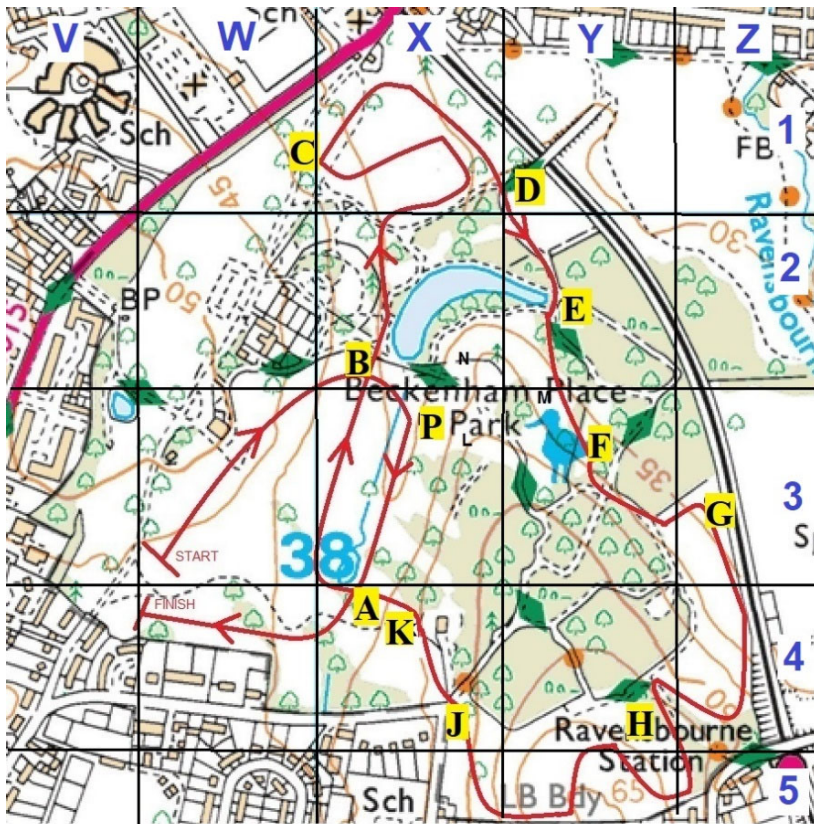
**Under 17 Women**

*Start Loop* Start - B-P-A-

**Under 20 Women**

*Lake Lap* B-C-D-E-N-P-

*Medium Lap* B-C-D-E-F-G-H-J-K-A-Finish



**Under 20 Men**  
**Senior Women**

**8k** (Start Loop + 2 Medium Laps

*(Start Loop)*

Start-B-P-A-

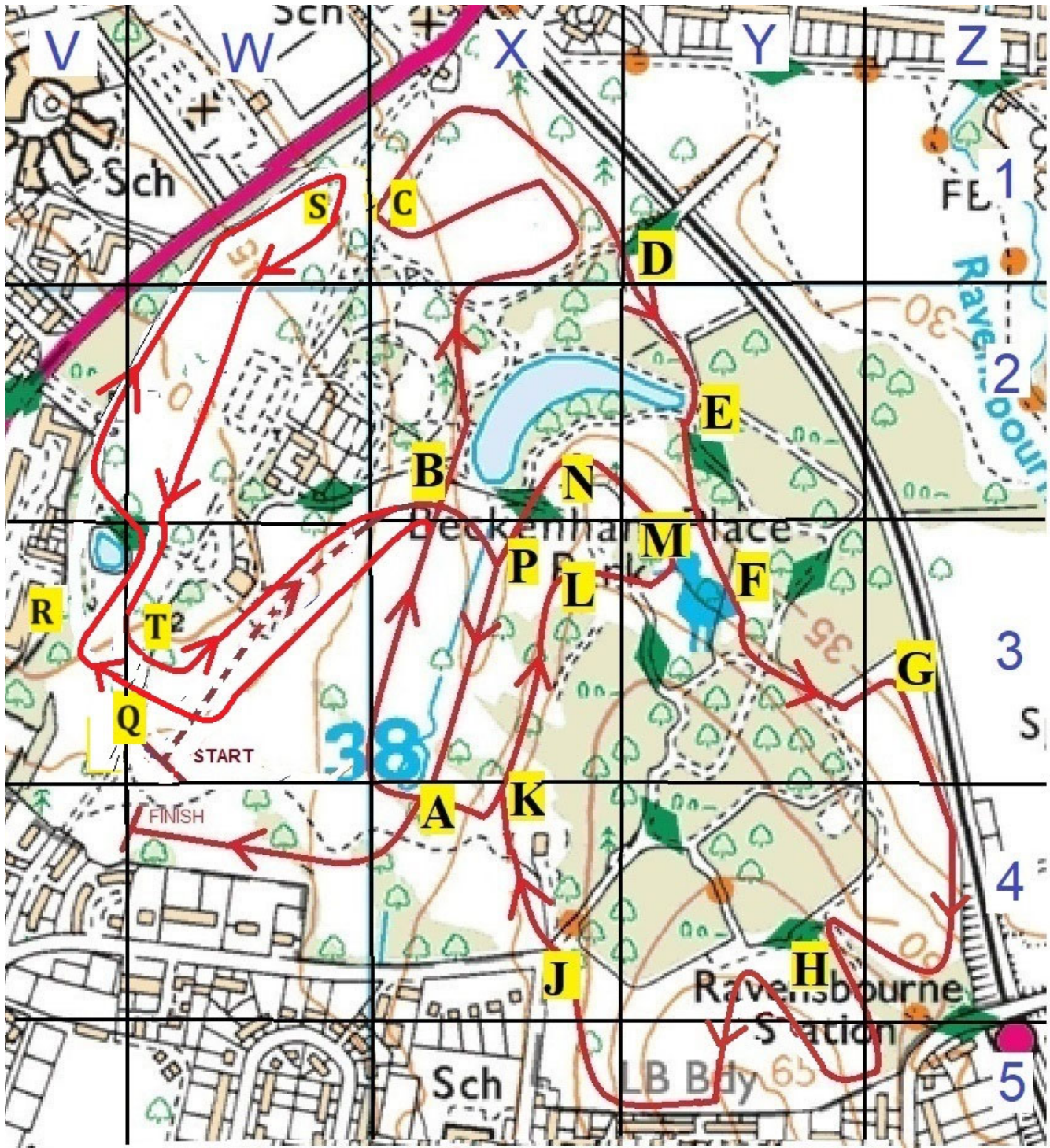
*(Medium Lap 1)*

B-C-D-E-F-G-H-J-K-A-

*(Medium Lap 2)*

B-C-D-E-F-G-H-J-K-A-Finish





15KM (Extended Start Loop, 2 long laps)

### Senior Men

START B-P-A-K-L-M-N-P-A (extended start loop)  
 B-Q-R-S-T-B-C-D-E-F-G-H-J-K-L-M-N-P-A (long lap)  
 B-Q-R-S-T-B-C-D-E-F-G-H-J-K-L-M-N-P-A-FINISH (long lap)

----- For Start Only