

HERTS COUNTY CROSS COUNTRY CHAMPIONSHIPS
SUNDAY 6TH JANUARY 2019



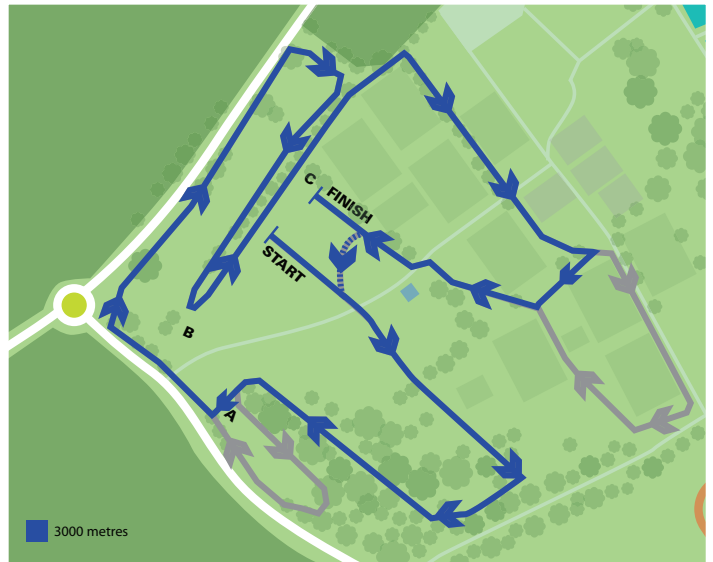
Under 11s - Boys & Girls - 1 RED LAP
 U11 Girls - not before 11am U11 Boys - not before 11.10am



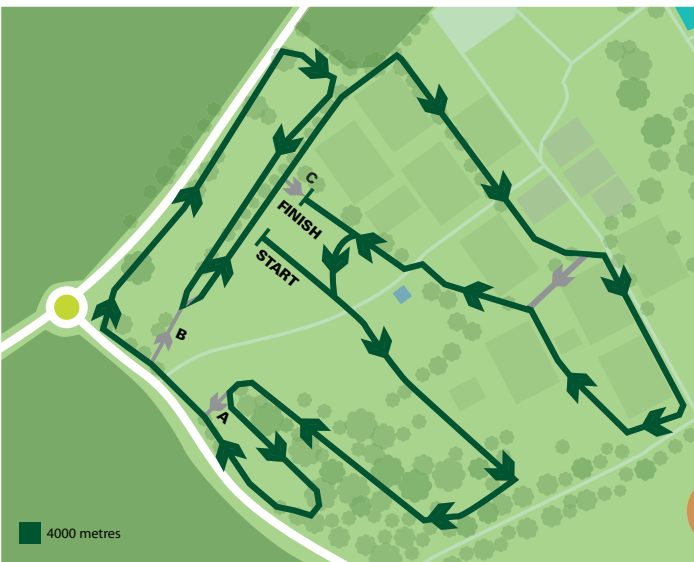
Under 13s - Boys & Girls - 2 RED LAPS
 U13 Girls - not before 11.20am U13 Boys - not before 11.30am



Under 15s - Boys & Girls
1 RED LAP AS U11s/U13s ABOVE + 1 BLUE LAP
(STARTING AT POINT C)
 U15 Girls & Boys combined - not before 11.45am



Under 17s - Men & Women
Under 20 - Women - 2 BLUE LAPS
 U17 Men & Women and U20 Women combined
 - not before 12.05pm



Under 20 Men and Senior Women
2 GREEN LAPS
 U20 Men & Senior Women combined - not before 12.30pm

Senior Men
3 GREEN LAPS
 Not before 13.15pm

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