HERTFORDSHIRE CROSS COUNTRY CHAMPIONSHIP STANBOROUGH PARK, WELWYN GARDEN CITY 9 January 2022

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Area/s for assembly of competitors

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		The second second		CAR P	ARK
RACES 1/2	11:00/10	U11G/B	1 LONG (Red) LAP reduced by following (Green) LINK	1,900m	
RACES 3/4	11:20/30		1 SHORT (Yellow) LAP + 1 LONG (Red) LAP	2,900m	the second
RACE 5	11:45	U15B & U15G	2 LONG (Red) LAPS	4,800m	A PARTY OF LOUGH
RACE 6	12:05	U17/20W & U17M	2 SHORT (Yellow) LAPS + 2 LONG (Red) LAPS	6,150m	
RACE 7	12:30	U20M & SW	1 SHORT (Yellow) LAP + 3 LONG (Red) LAPS	7,900m	A Company of the second s
RACE 8	13:15	SM	5 LONG (Red) LAPS	12,000m	these states

RACE HQ

LAKE

START

FINISH

7

800 ft