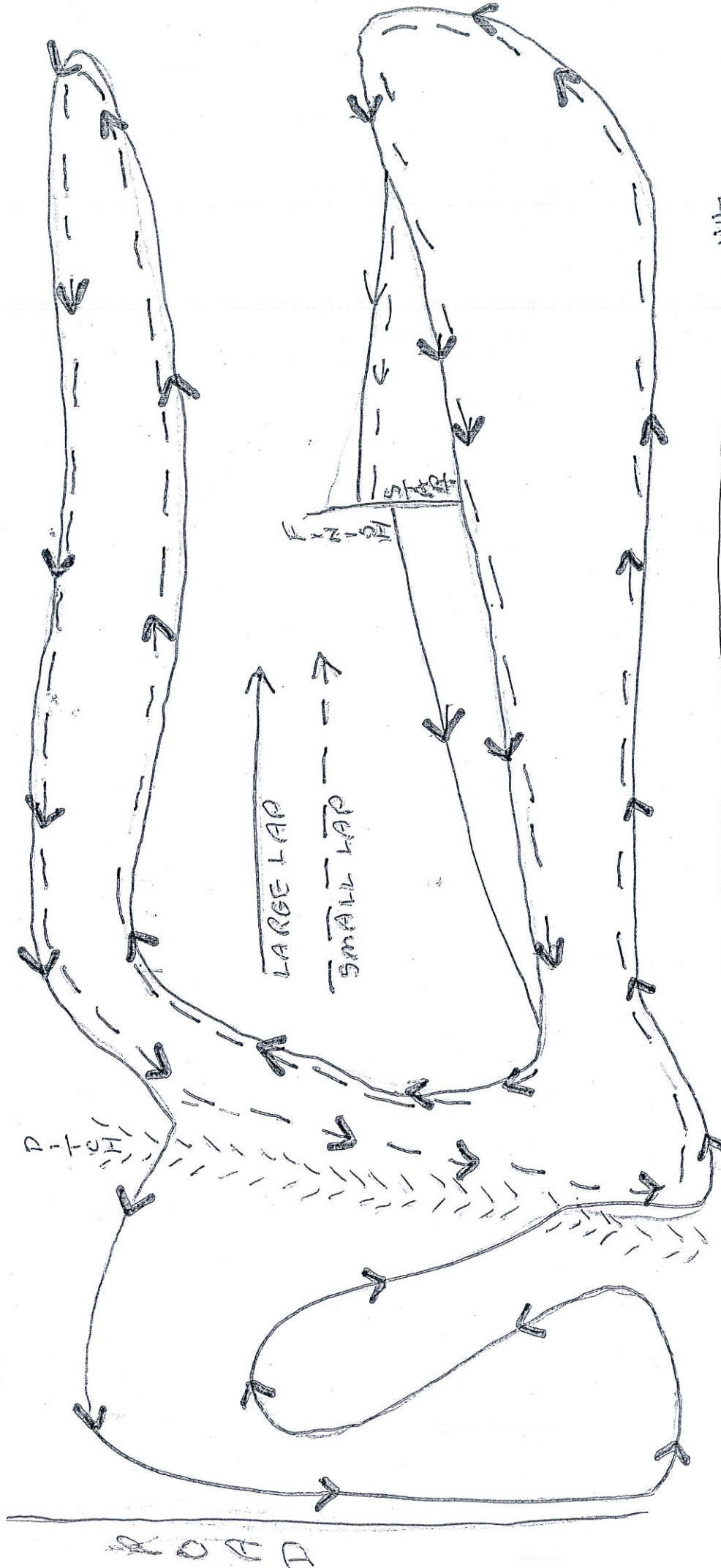


CROSS COUNTRY GUIDE



GIRLS U/11 1 small lap
 GIRLS U/13 2 small laps
 GIRLS U/15 1 small + 1 large lap
 GIRLS U/17 2 large laps
 WOMEN: U/20 3 large laps
 SENIOR & VETERANS

Boys U/11 1 small lap
 Boys U/13 1 small + 1 large lap
 Boys U/15 2 large laps
 Boys U/17 3 large laps
 MEN: U/20 5 large laps
 SENIOR & VETERANS

To changing and car park
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