

HERTS CROSS COUNTRY CHAMPIONSEIPS
CASSIOBURY PARK
SUNDAY 7th JANUARY 2018

U/11 GIRLS & BOYS - 1500 METRES
ST - C - D - FN

U/13 GIRLS & BOYS - 3000 METRES
ST - A - B - C - E - FN

U/15 GIRLS & BOYS - 4500 METRES
ST - C - E - F - G - H - J - G - F - E - FN

U/17 & U/20 WOMEN & U/17 MEN - 6000 METRES
ST - C - E - F - G - I - J - O - G - F - E - FN

SENIOR WOMEN & U/20 MEN - 8000 METRES
ST - C - E - F - G - I - K - L - M - N - O - G - F - E - FN

SENIOR MEN - 12000 METRES
ST - C - E - F - G - I - K - L - M - N - O - G - I - K - L - N
N - O - G - F - E - FN

TIMETABLE

11.00am	U/11 GIRLS	12.05pm	U/17 WOMEN
11.10am	U/11 BOYS		U/20 WOMEN
11.20am	U/13 GIRLS		U/17 MEN
11.30am	U/13 BOYS	12.30pm	U/20 MEN
11.45am	U/15 GIRLS		SEN WOMEN
	U/15 BOYS	1.15pm	SEN MEN

TOILETS IN
 UNDERPASS BY
 TOWN HALL
 10 MIN JOG
 FROM START

