

MID LANCS X COUNTRY – GLAXO ,ULVERSTON

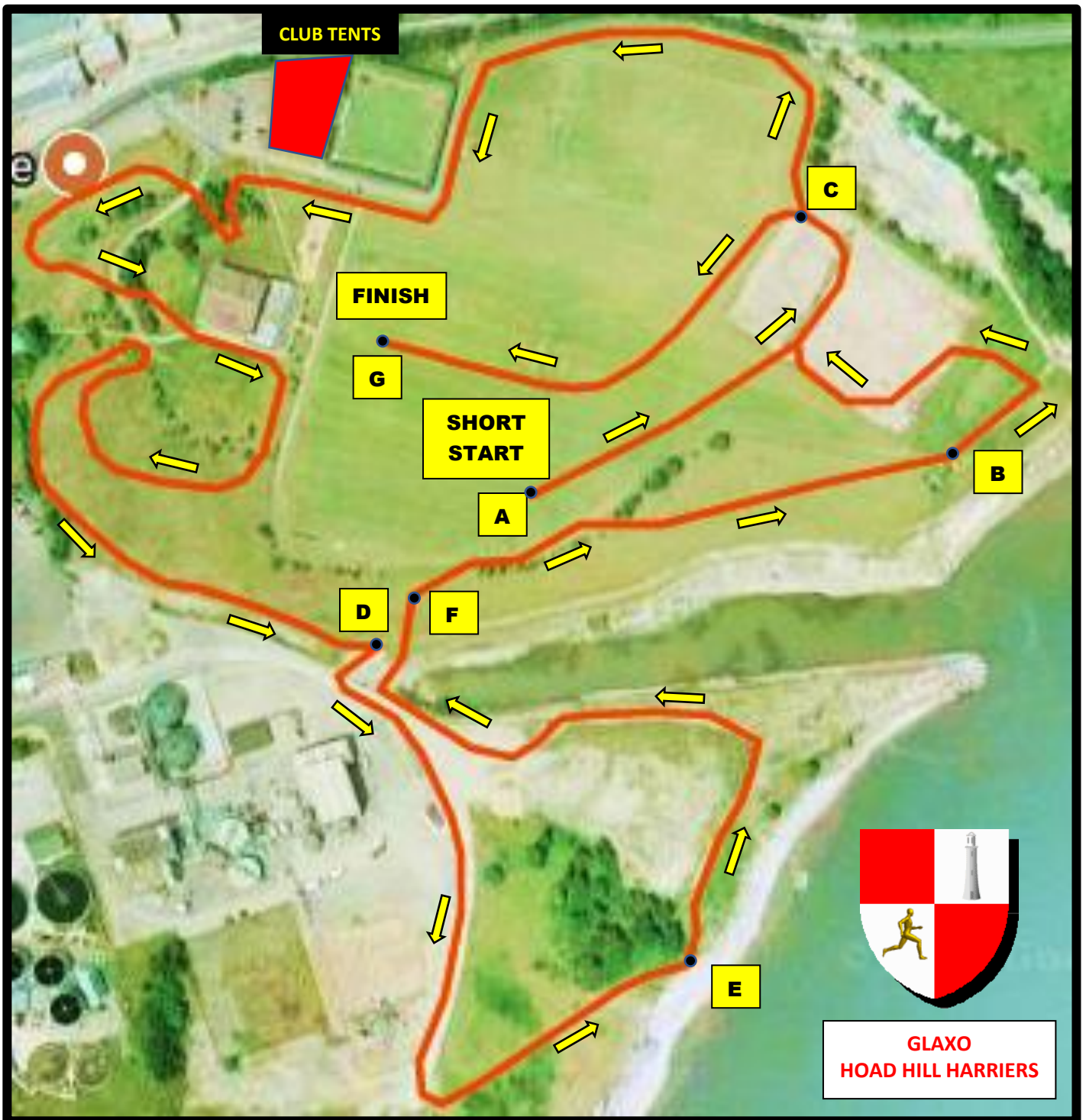
12:00 pm : RACE 1 : UNDER 11 GIRLS

12:15 pm : RACE 2 : UNDER 11 BOYS

START + 1 SHORT LAP + FINISH

A → B C D F B C → G

2.2K



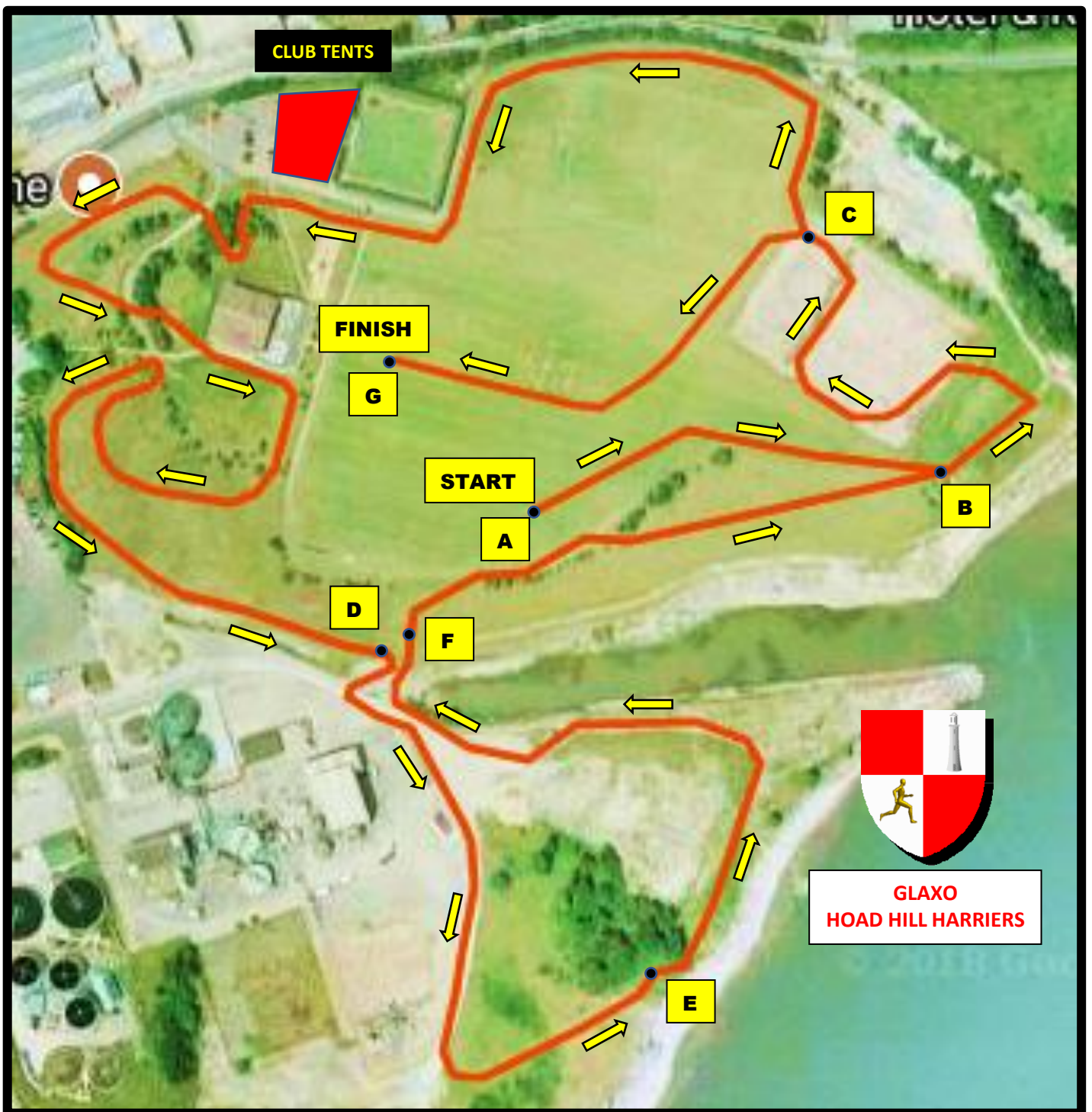
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12:30 pm : RACE 3 : UNDER 13 GIRLS

SHORT START + 1 LONG LAP + FINISH

A → C D E F B C → G

2.6K



MID LANCS X COUNTRY – GLAXO, ULVERSTON

12:50 pm : RACE 4

UNDER 13 BOYS/UNDER 15 GIRLS

START + 1 LONG LAP + FINISH

A → B C D E F B C → G

2.8K



MID LANCS X COUNTRY – GLAXO ,ULVERSTON

1:10 pm : RACE 5

UNDER 15 BOYS / UNDER 17 WOMEN

START + 1 SHORT LAP+ 1 LONG LAP + FINISH

A→B C D F B→C D E F B C→G

4.4K



MID LANCS X COUNTRY – GLAXO ,ULVERSTON

1:30 pm : RACE 6

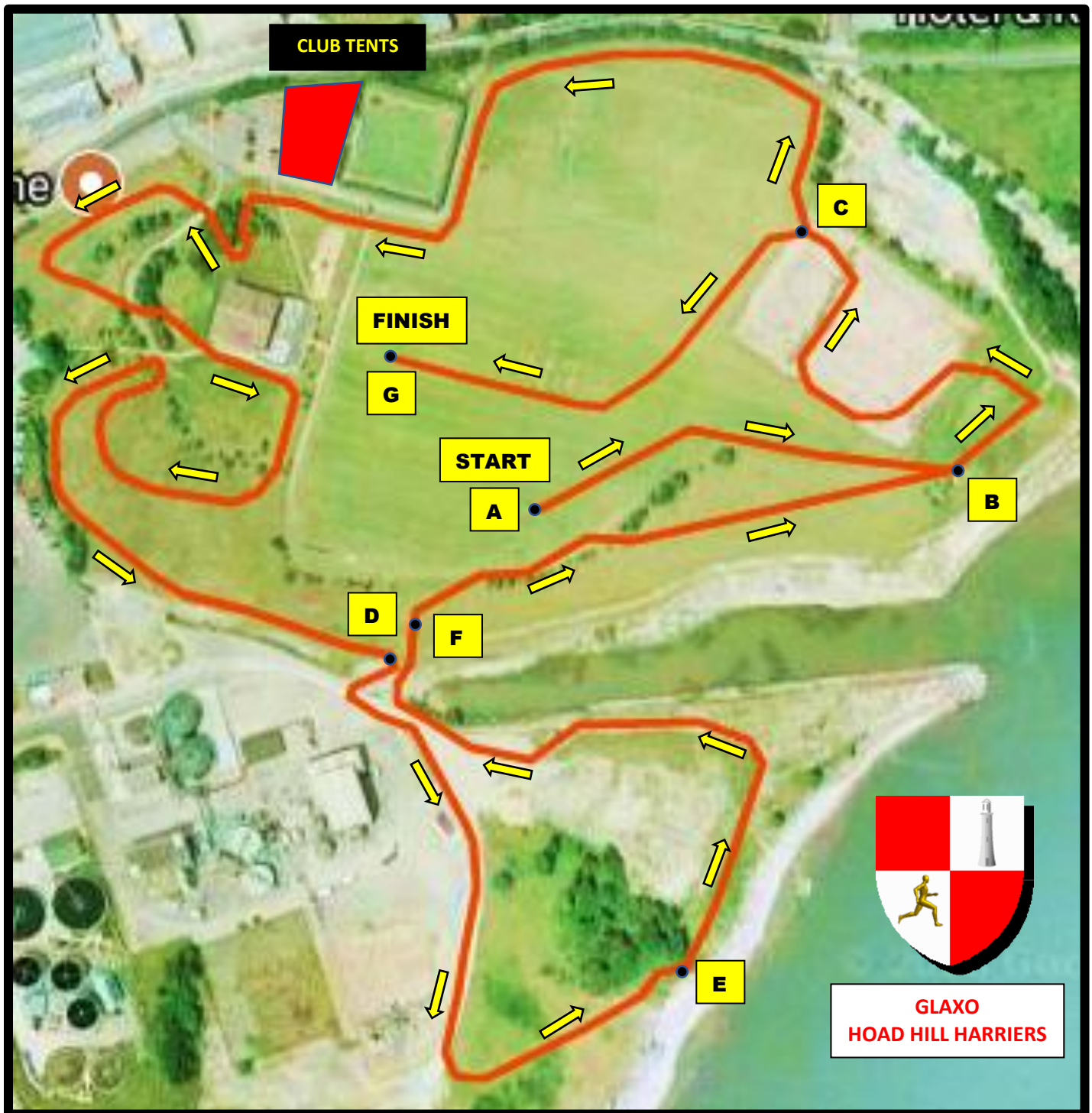
UNDER 17 MEN / VET 70 MEN

UNDER 20 WOMEN/SENIOR/VET WOMEN

START + 1 SHORT LAP+ 2 LONG LAPS + FINISH

A → B C D F B → C D E F B C → C D E F B C → G

6.4K



MID LANCS X COUNTRY – GLAXO ,ULVERSTON

2:15 pm : RACE 7

UNDER 20 MEN / SENIOR / VET MEN

START + 4 LONG LAPS + FINISH

A → BCDEFB → CDEFB → CDEFB → CDEFBC → G

9.1K



MID LANCS CROSS COUNTRY: GSK ULVERSTON : RACE OVERVIEW

| RACE | TIME | AGE GROUPS | ROUTES | Approx Distance |
|------|---------|---|---|-----------------|
| 1. | 12.00pm | UNDER 11 GIRLS | START +1 SHORT LAP + FINISH A ⇒ B C D F B C ⇒ G | 2.2 K |
| 2. | 12.15pm | UNDER 11 BOYS | START +1 SHORT LAP + FINISH A ⇒ B C D F B C ⇒ G | 2.2 K |
| 3. | 12:30pm | UNDER 13 GIRLS | SHORT START + 1 LONG LAP + FINISH A ⇒ C D E F B C ⇒ G | 2.6 K |
| 4. | 12.50pm | UNDER 13 BOYS UNDER 15 GIRLS | START + 1 LONG LAP + FINISH A ⇒ B C D E F B C ⇒ G | 2.8 K |
| 5. | 1.10pm | UNDER 15 BOYS UNDER 17 WOMEN | START + 1 SHORT LAP + 1 LONG LAP + FINISH A ⇒ B C D F B ⇒ C D E F B C ⇒ G | 4.4K |
| 6. | 1.30pm | UNDER17 MEN VET 70 MEN UNDER 20 WOMEN SENIOR & VET WOMEN | START+ 1 SHORT LAP + 2 LONG LAPS + FINISH A ⇒ B C D F B ⇒ C D E F B ⇒ C D E F B C ⇒ G | 6.4 K |
| 7. | 2.15pm | UNDER 20 MEN SENIOR, VET MEN | START + 4 LONG LAPS + FINISH A ⇒ B C D E F B ⇒ C D E F B ⇒ C D E F B ⇒ C D E F B C ⇒ G | 9.1K |