



NORTH EASTERN HARRIER LEAGUE X/C

(Aykley Heads 18.11.17)

12.15 Under 11 Boys 0.9 miles
Start-A-B-F-G-Finish (1 small lap)

12.20 Under 11 Girls 0.9 miles
Start-A-B-F-G-Finish (1 small lap)

12.25 Under 13 Boys 2.1 miles
Start-A-B-C-D-E-F-G-Finish (1 large lap)

12.35 Under 13 Girls 2.1 miles
Start-A-B-C-D-E-F-G-Finish (1 large lap)

12.45 Under 15 Boys 2.1 miles
Start-A-B-C-D-E-F-G-Finish (1 large lap)

12.55 Under 15 Girls 2.1 miles
Start-A-B-C-D-E-F-G-Finish (1 large lap)

13.06 – 13.10 Under 17/20 Women 3.4 miles
Start-A-B-C-E-F-G-A-B-C-E-F-G-Finish (2 medium laps)

13.10 – 13.15 Senior & Veteran Women 4.2 miles
Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G-Finish (2 large laps)

13.50 – 14.00 Under 17 Men 4.2 miles
Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G-Finish (2 large laps)

14.15 - Senior Men & Veteran men 6.3 miles
Start-A-B-C-D-E-F-G-A-B-C-D-E-F-G-A-B-C-D-E-F-G-Finish
(3 large laps)