

U11 Girl's & Boy's Course

Girl's Start: 12:00 Boy's Start: 12:15

Distance: 1700 Metres

Route: ST - A - C - B - FN

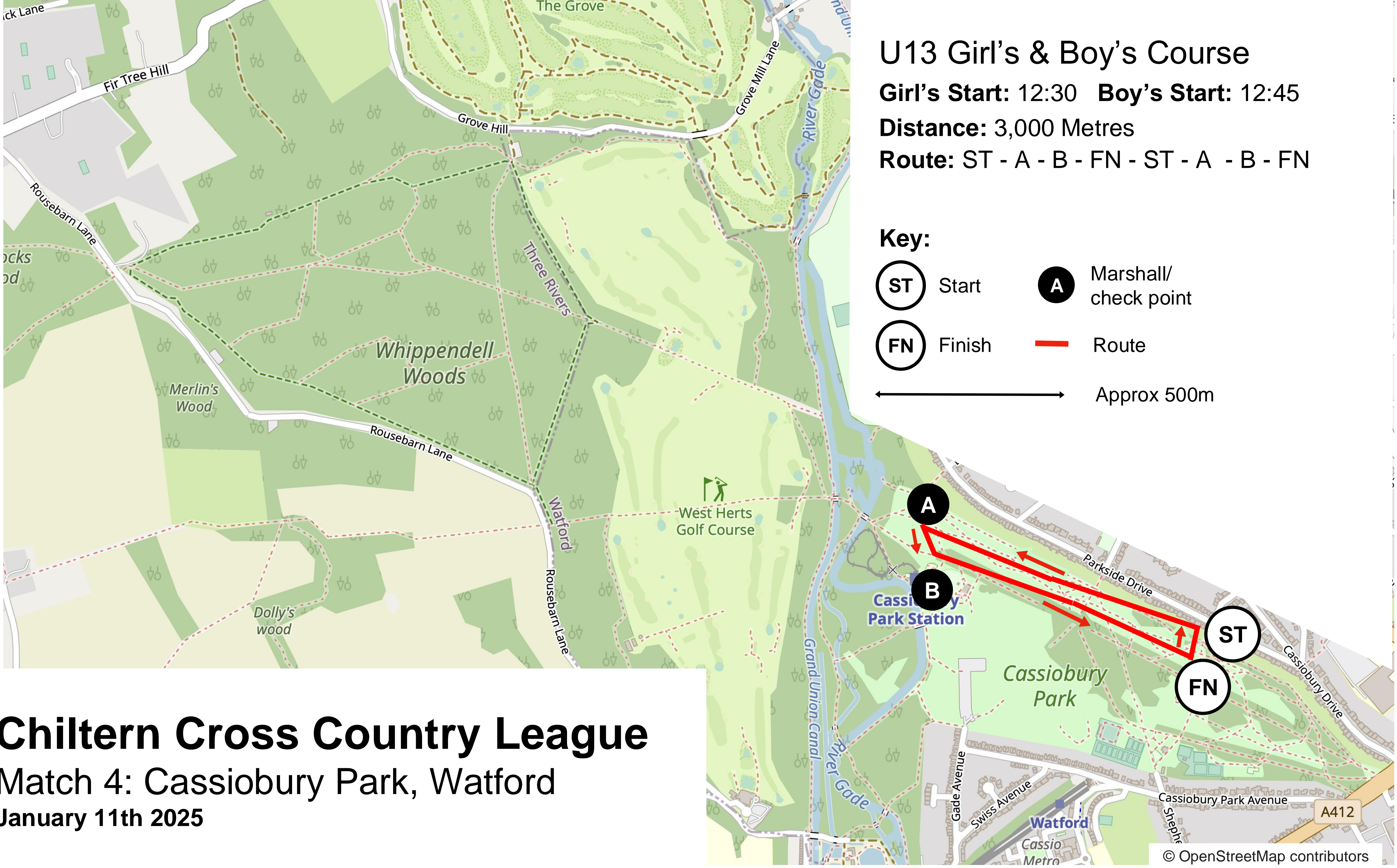
Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

Chiltern Cross Country League

Match 4: Cassiobury Park, Watford

January 11th 2025



U13 Girl's & Boy's Course

Girl's Start: 12:30 **Boy's Start:** 12:45

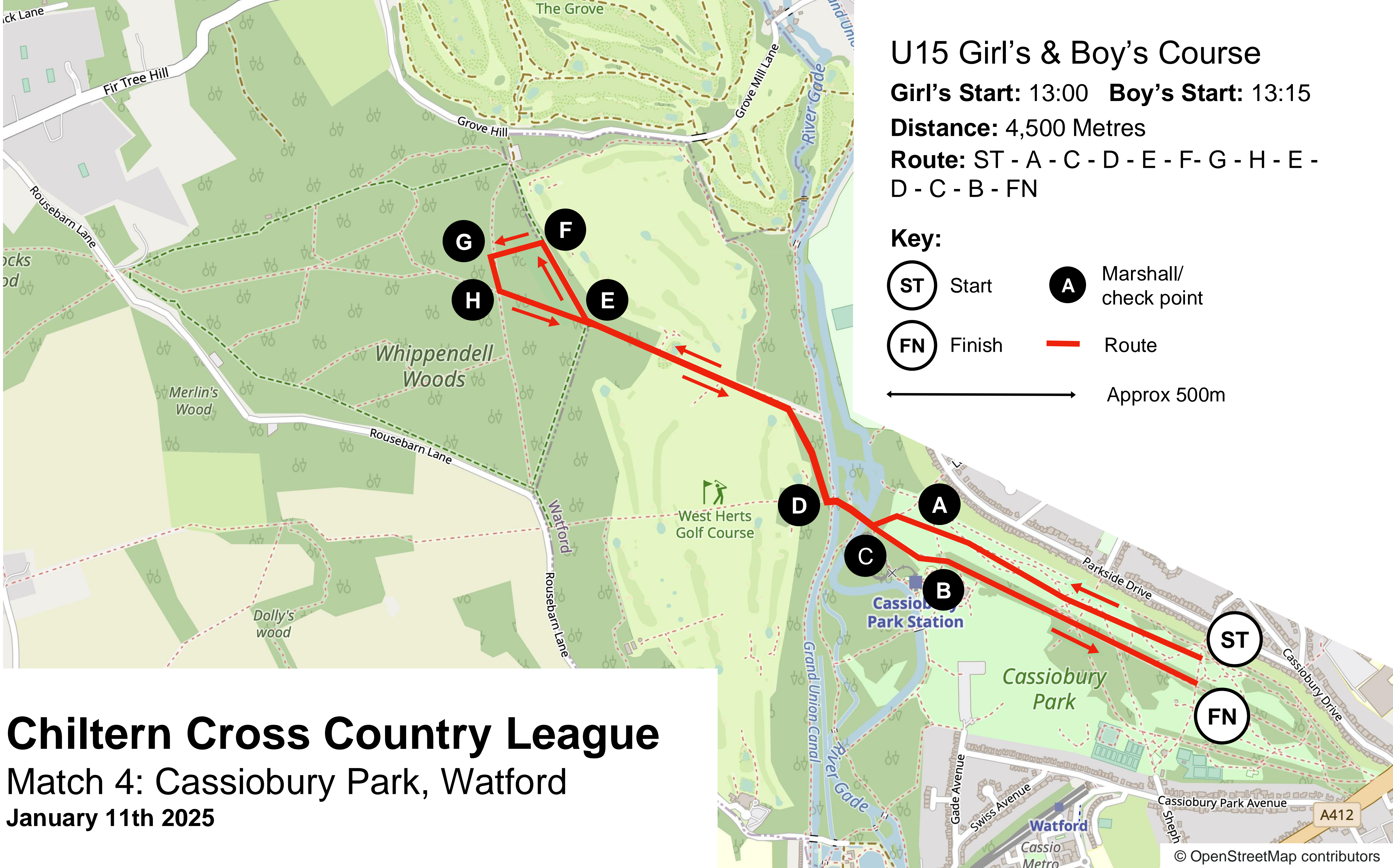
Distance: 3,000 Metres

Route: ST - A - B - FN - ST - A - B - FN

Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

Chiltern Cross Country League
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U15 Girl's & Boy's Course

Girl's Start: 13:00 Boy's Start: 13:15

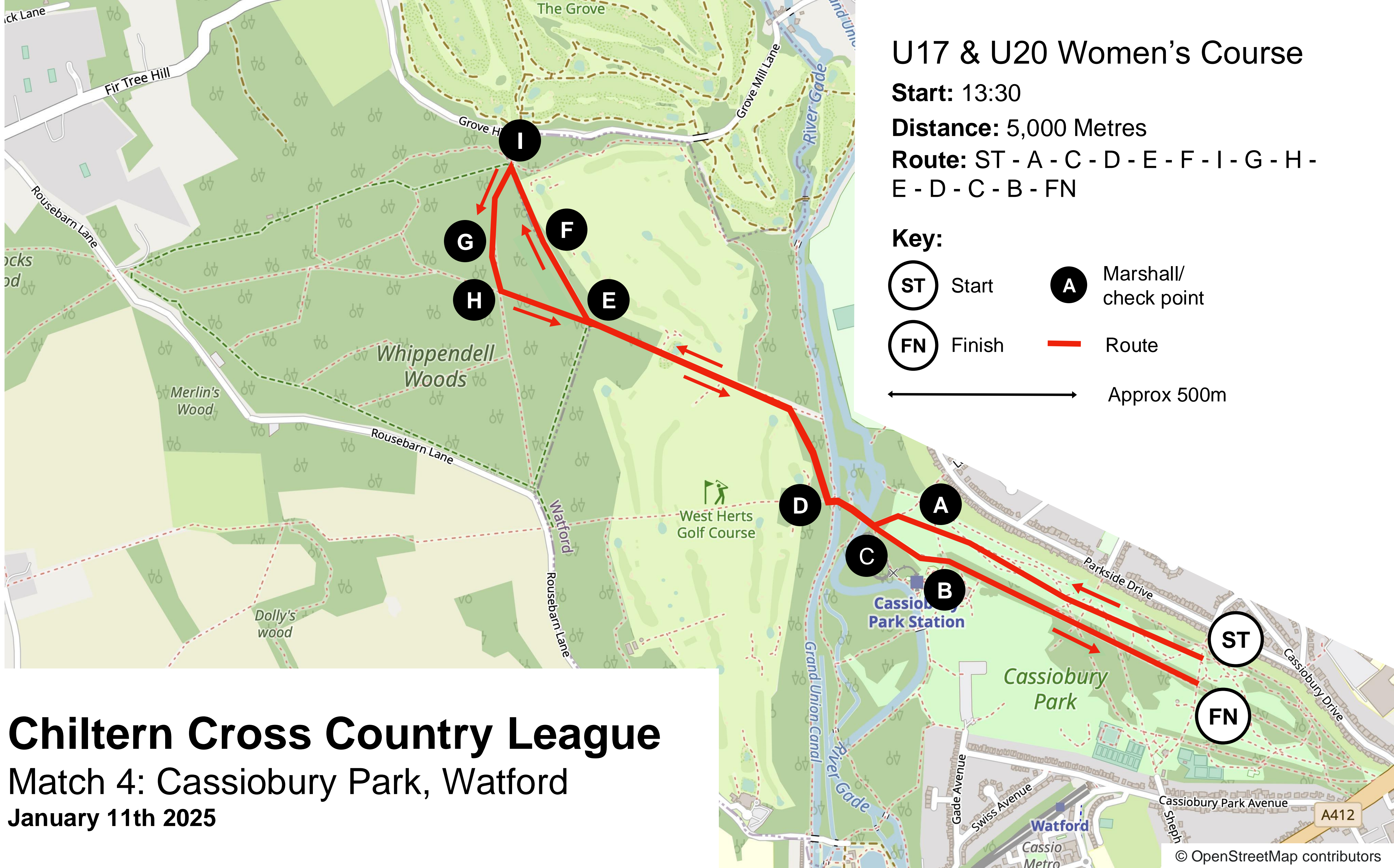
Distance: 4,500 Metres

Route: ST - A - C - D - E - F - G - H - E - D - C - B - FN

Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

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U17 & U20 Women's Course

Start: 13:30

Distance: 5,000 Metres

Route: ST - A - C - D - E - F - I - G - H - E - D - C - B - FN

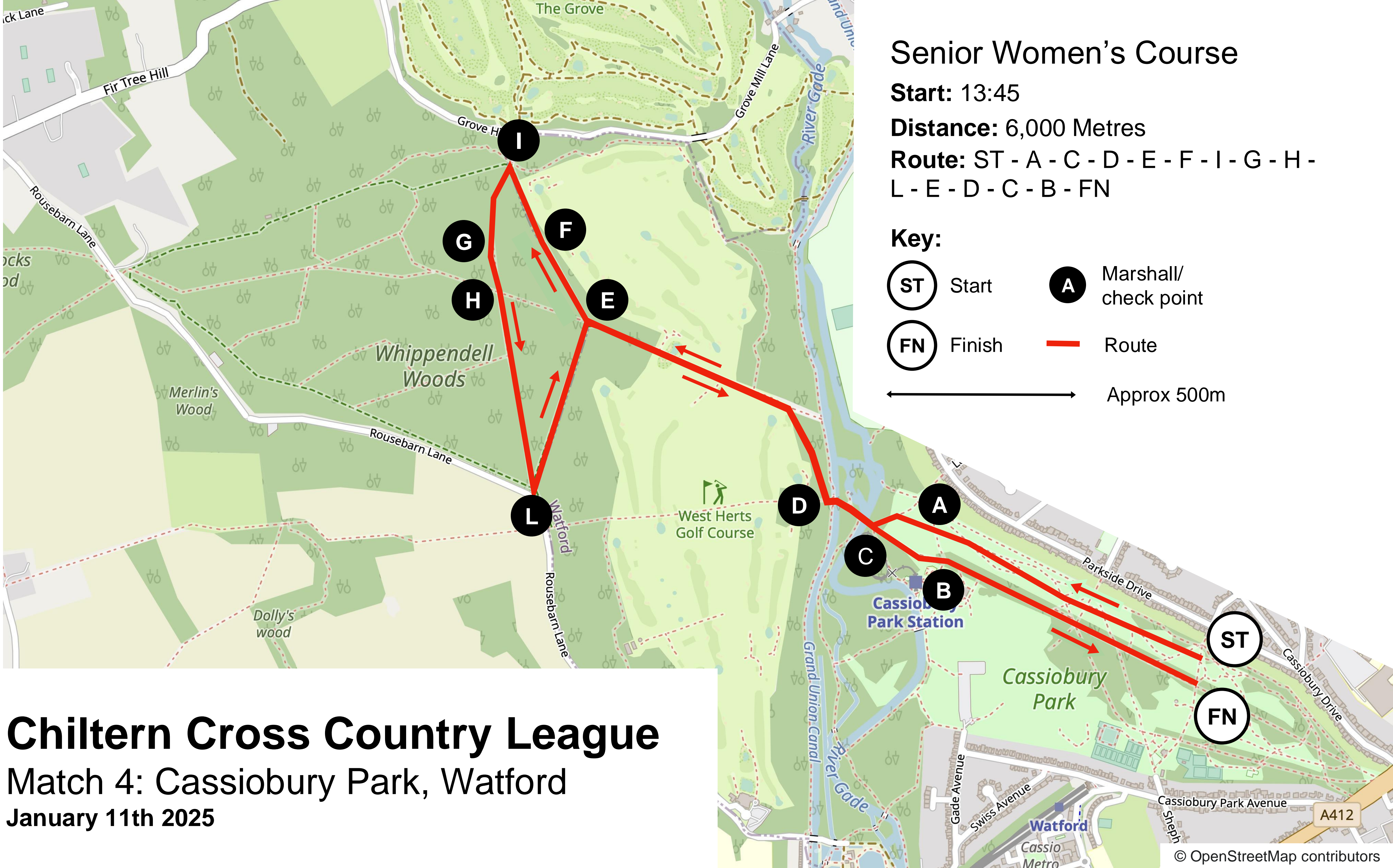
Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

Chiltern Cross Country League

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Senior Women's Course

Start: 13:45

Distance: 6,000 Metres

Route: ST - A - C - D - E - F - I - G - H - L - E - D - C - B - FN

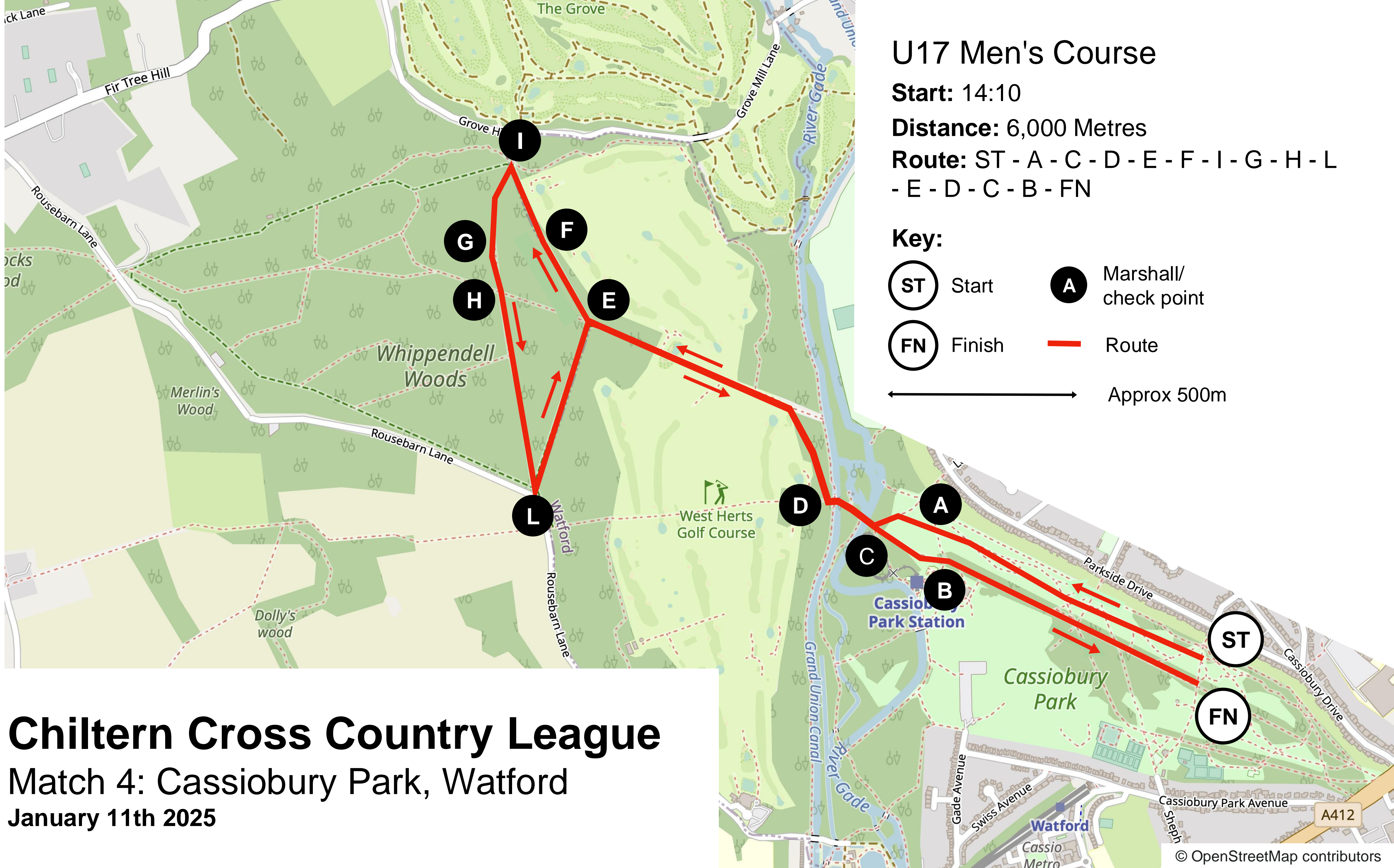
Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

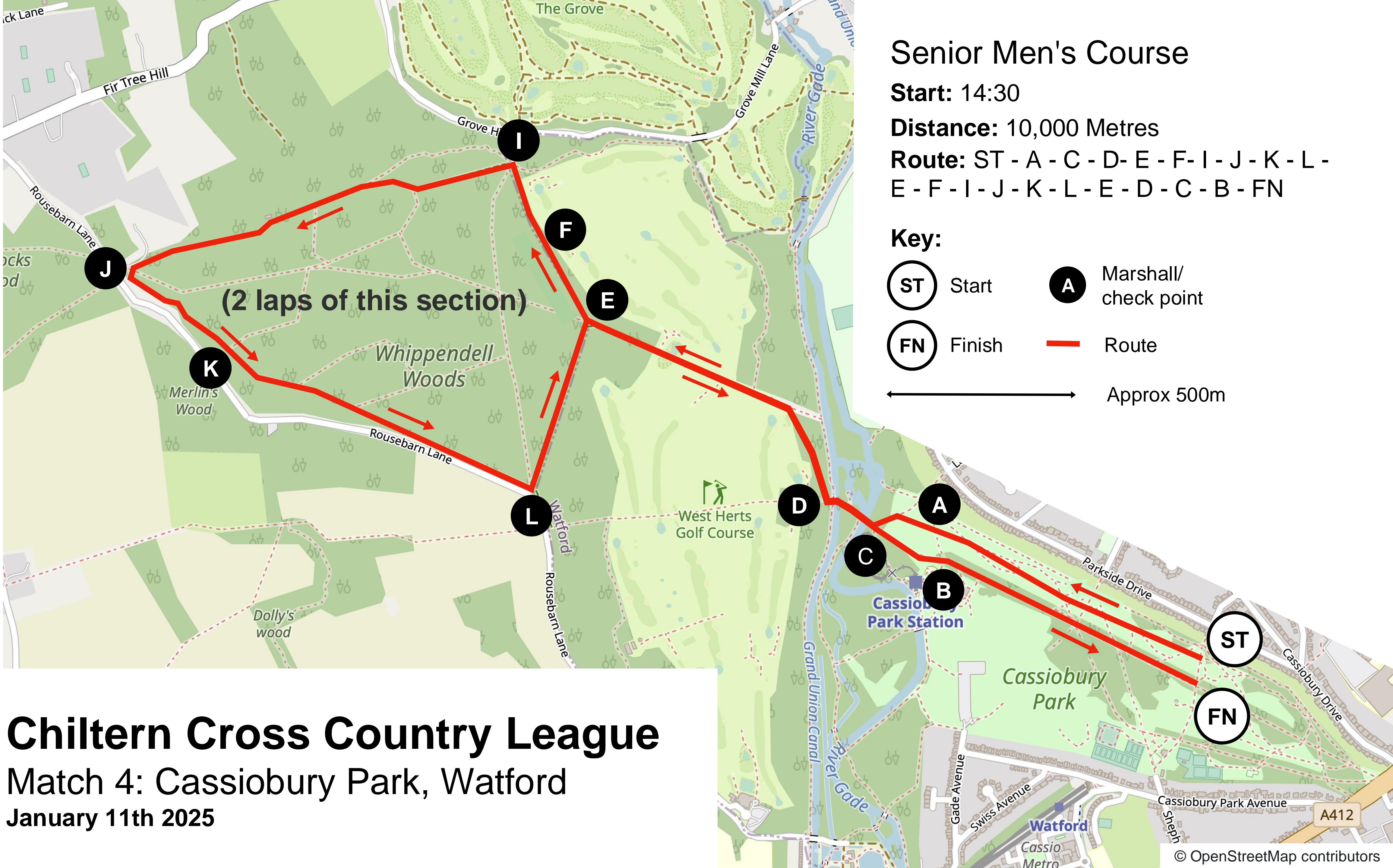
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Senior Men's Course

Start: 14:30

Distance: 10,000 Metres

Route: ST - A - C - D - E - F - I - J - K - L - E - F - I - J - K - L - E - D - C - B - FN

Key:

- ST Start
- A Marshall/ check point
- FN Finish
- Route
- Approx 500m

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