



**Start Fitness Metropolitan League**  
**Race 2 - 9 November 2019**  
**Stanborough Park, Welwyn Garden City**

Races 1 & 2	Under 11s	1,700m	Start - 1 small lap (yellow) - Finish
Races 3 & 4	Under 13s	3,000m	Start - 1 small lap (yellow) - 1 large lap (yellow) - Finish
Races 5 & 6	Under 17s	4,200m	Start - 2 large laps (red) each with short loop (pink) - Finish
Race 7	Senior/Vet Women	7,800m	Start - 3 large laps each with full (pink) loop - Finish
Race 8	Senior/Vet Men	7,800m	Start - 3 large laps each with full (pink) loop - Finish

