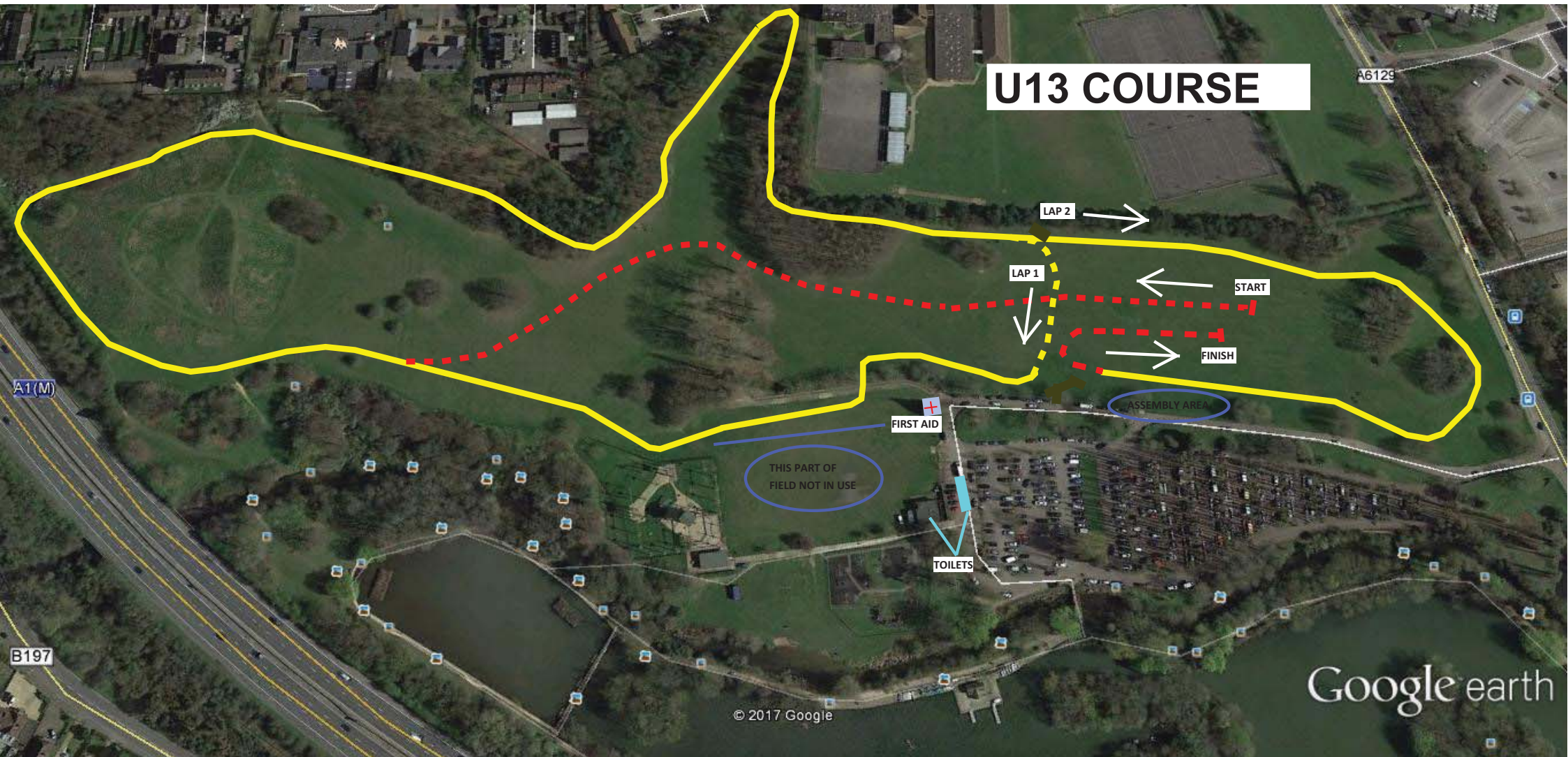


Start Fitness Metropolitan League
Race 2 - 9 November 2019
Stanborough Park, Welwyn Garden City

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

Timetable:	12:28	Under 11 Boys
	Promptly at 12:30	Under 11 Girls
	12:43	Under 13 Boys
	Promptly at 12:45	Under 13 Girls
	Not before 13:00	Under 17 Men/Under 15 Boys
	Not before 13:05	Under 17 Women/Under 15 Girls
	Not before 13:30	Senior/Veteran/Under 20 Women
	Not before 14:35	Senior/Veteran/Under 20 Men



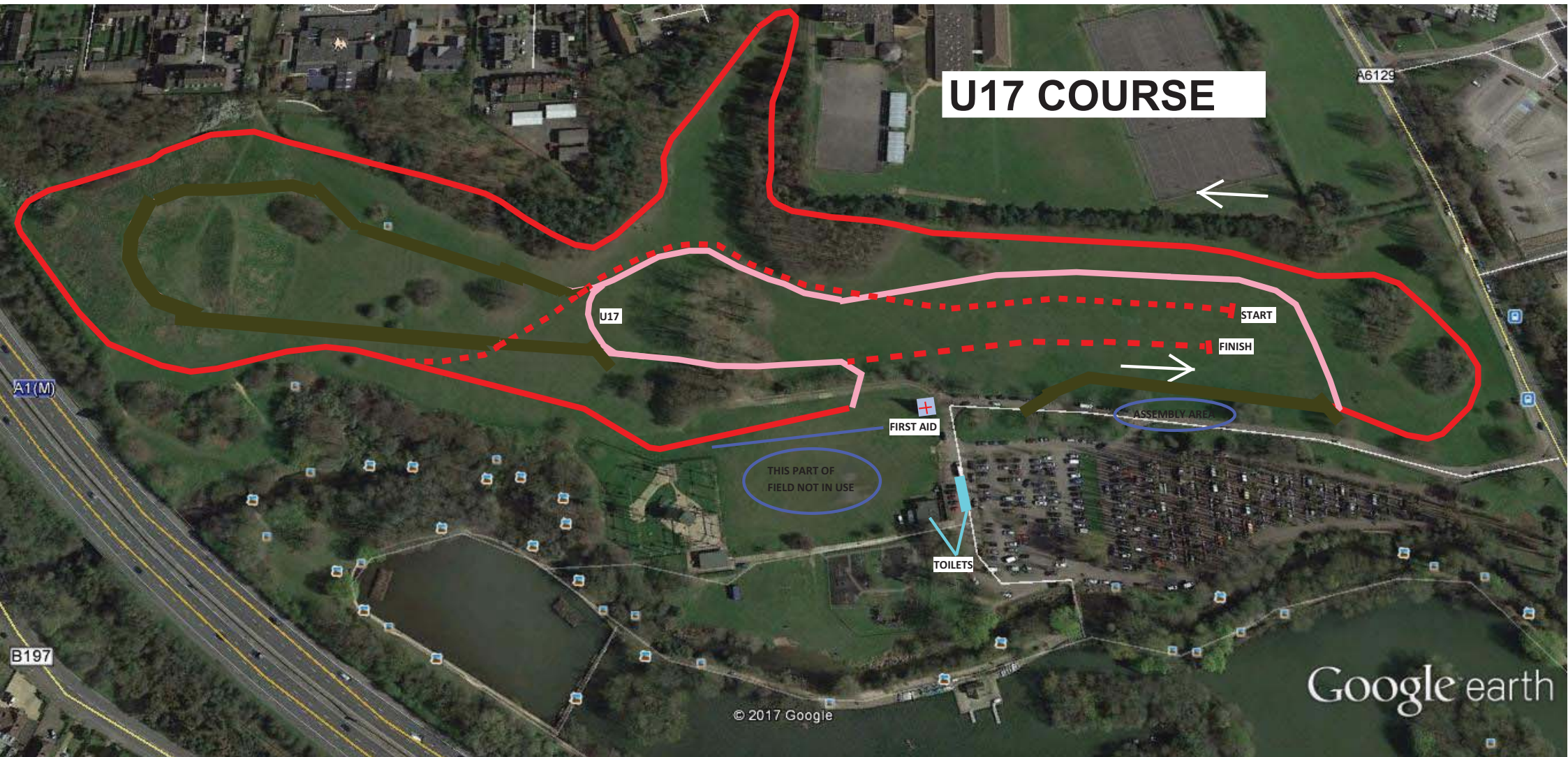


Start Fitness Metropolitan League
Race 2 - 9 November 2019
Stanborough Park, Welwyn Garden City

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

Timetable:	12:28	Under 11 Boys
	Promptly at 12:30	Under 11 Girls
	12:43	Under 13 Boys
	Promptly at 12:45	Under 13 Girls
	Not before 13:40	Under 17 Men/Under 15 Boys
	Not before 13:45	Under 17 Women/Under 15 Girls
	Not before 13:50	Senior/Veteran/Under 20 Women
	Not before 14:55	Senior/Veteran/Under 20 Men



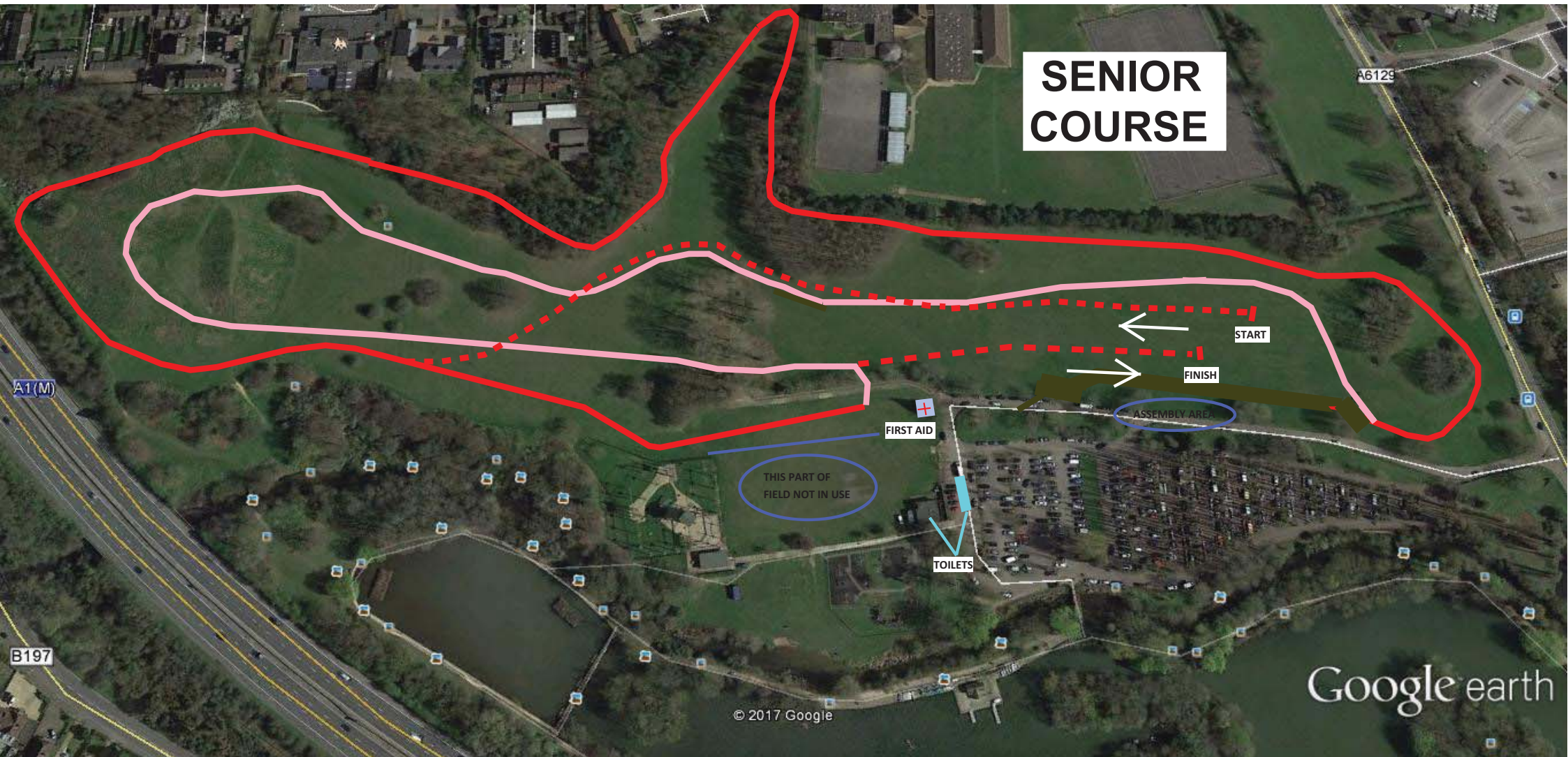


Start Fitness Metropolitan League
Race 2 - 9 November 2019
Stanborough Park, Welwyn Garden City

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

Timetable:	12:28	Under 11 Boys
	Promptly at 12:30	Under 11 Girls
	12:43	Under 13 Boys
	Promptly at 12:45	Under 13 Girls
	Not before 13:00	Under 17 Men/Under 15 Boys
	Not before 13:05	Under 17 Women/Under 15 Girls
	Not before 13:30	Senior/Veteran/Under 20 Women
	Not before 14:35	Senior/Veteran/Under 20 Men





SENIOR COURSE

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

Timetable:	12:28	Under 11 Boys
	Promptly at 12:30	Under 11 Girls
	12:43	Under 13 Boys
	Promptly at 12:45	Under 13 Girls
	Not before 13:00	Under 17 Men/Under 15 Boys
	Not before 13:05	Under 17 Women/Under 15 Girls
	Not before 13:30	Senior/Veteran/Under 20 Women
	Not before 14:35	Senior/Veteran/Under 20 Men

