

START FITNESS METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 4 – WORMWOOD SCRUBS, SAT 15<sup>th</sup> JANUARY 2022



Race 1	12.20	Under 11 Boys approx 1.75km
Race 2	12.25	Under 11 Girls approx 1.75km

START FITNESS METROPOLITAN CROSS COUNTRY LEAGUE FIXTURE 4 – WORMWOOD SCRUBS, SAT 15<sup>th</sup> JANUARY 2022



Race 3	12.40	Under 13 Boys	approx 3km
Race 4	12.45	Under 13 Girls	approx 3km

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Race 5	1.00pm	Under 17 Men / Under 15 Boys	1 lap approx 3.8km
Race 6	1.05pm	Under 17 Women / Under 15 Girls	1 lap approx 3.8km
Race 7	1.35pm	Senior / Veteran / Under 20 Women	2 laps approx 7.6km
Race 8	2.35pm	Senior / Veteran / Under 20 Men	2 laps approx 7.6km