

Gwent Cross Country League - The Glebelands, Newport



11.45	U11 Boys	Start-[1 x small lap]-End	1.5k	13.05	U15 Boys	Start-[1xmini lap]- [1 x long lap]-End	4.4k	Mini lap: ABGHKLM Small: ABGHJKLM Medium: ABCDFGHJKLM Long: ABCDEFGHJKLM
11.55	U11 Girls	Start-[1 x small lap]-End	1.5k	13.30	U15 Girls	Start-[1xmini lap]- [1 x long lap]-End	4.4k	
12.05	U13 Boys	Start-[1 x medium lap]-End	2.6k	13.50	U17/20 Men	Start-[1 x medium lap]-1x long lap]-End	6.0k	
12.15	U13 Girls	Start-[1 x medium lap]-End	2.6k	14.15	U17/20 Women	Start-[1 x small lap]-[1 x long lap]-End	4.9k	
12.30	Senior Women	Start-[1 x medium lap]-[1 x long lap]-End	6.0k	14.40	Senior Men	Start-[3 x long lap]-End	10.4k	

First Aid provided by St John's Ambulance