The John H Collins Gwent Cross-Country League, Chepstow Racecourse, Saturday 8th February 2020 – Facilities & Course

11:30	Under 11 Girls	Short lap	Approx. 1,800m
11:40	Under 11 Boys	Short lap	Approx. 1,800m
11:50	Under 13 Girls	Medium lap	Approx. 2,600m
12:05	Under 13 Boys	Medium lap	Approx. 2,600m
12:20	Under 15 Girls	Short lap + link + short lap	Approx. 3,800m
12:40	Under 15 Boys	Short lap + link + short lap	Approx. 3,800m
13:00	Senior Women and Masters	Long lap + link + long lap	Approx. 6,100m
13:45	Under 17/20 Women	Short lap + link + medium lap	Approx. 4,600m
14:10	Under 17/20 Men	Short lap + link + long lap	Approx. 4,900m
14:35	Senior Men	Medium lap + link + 2 x long laps.	Approx. 9,200m

Short Lap	Start–A–B–C–D–F–H–(Finish or on to Start if continuing), Black
Medium Lap	Start–A–B–C–D–F–G–H–(Finish or on to Start), Black+Red
Long lap	Start–A–B–C–D–E–G–H–(Finish or on to Start), Black+Yellow+Red

The cross-country races are run entirely within the inner boundary of the horse racecourse.