



**NW London Young Athletes Cross Country League  
2016/17 – Race 5 Sat 4<sup>th</sup> March 2017**



|                         |              |  |
|-------------------------|--------------|--|
| Race 1 – 1pm U11 Girls  | approx 1.2km | Y-D-EFG-Finish (1 small lap)                         |
| Race 2 – 1.10 U13G/U11B | approx 2km   | X-ABCD-EFG-Finish (1 lap)                            |
| Race 3 – 1.30 U15G/U13B | approx 3km   | X-ABCD-H- BCD-EFG-Finish (1 lap + loop)              |
| Race 4 – 1.50 U17W/U15B | approx 4km   | X-ABCD-EFG- X-ABCD-EFG-Finish ( 2 laps)              |
| Race 5 – 2.15 U17 Men   | approx 4.7km | X-ABCD-H-BCD-EFG- X-ABCD-EFG- Finish (2 laps + loop) |