

Middlesex XC Championships 08-01-22 Course Routes For All Age-Groups

U11B & U11G- c.1500m - Blue route - 1 lap - this is the only age groups to use this course

U13G & U13B - c.3000m - Red route - 1 lap

U15B & U15G - c.4000m - Yellow route - 2 laps

U17W, U17M, U20W & U20M - c.6000. - Red route - 2 laps

SW - c.8000m - 1 lap Yellow route plus 2 laps Red route

MM - c.12000m - Red route - 4 laps