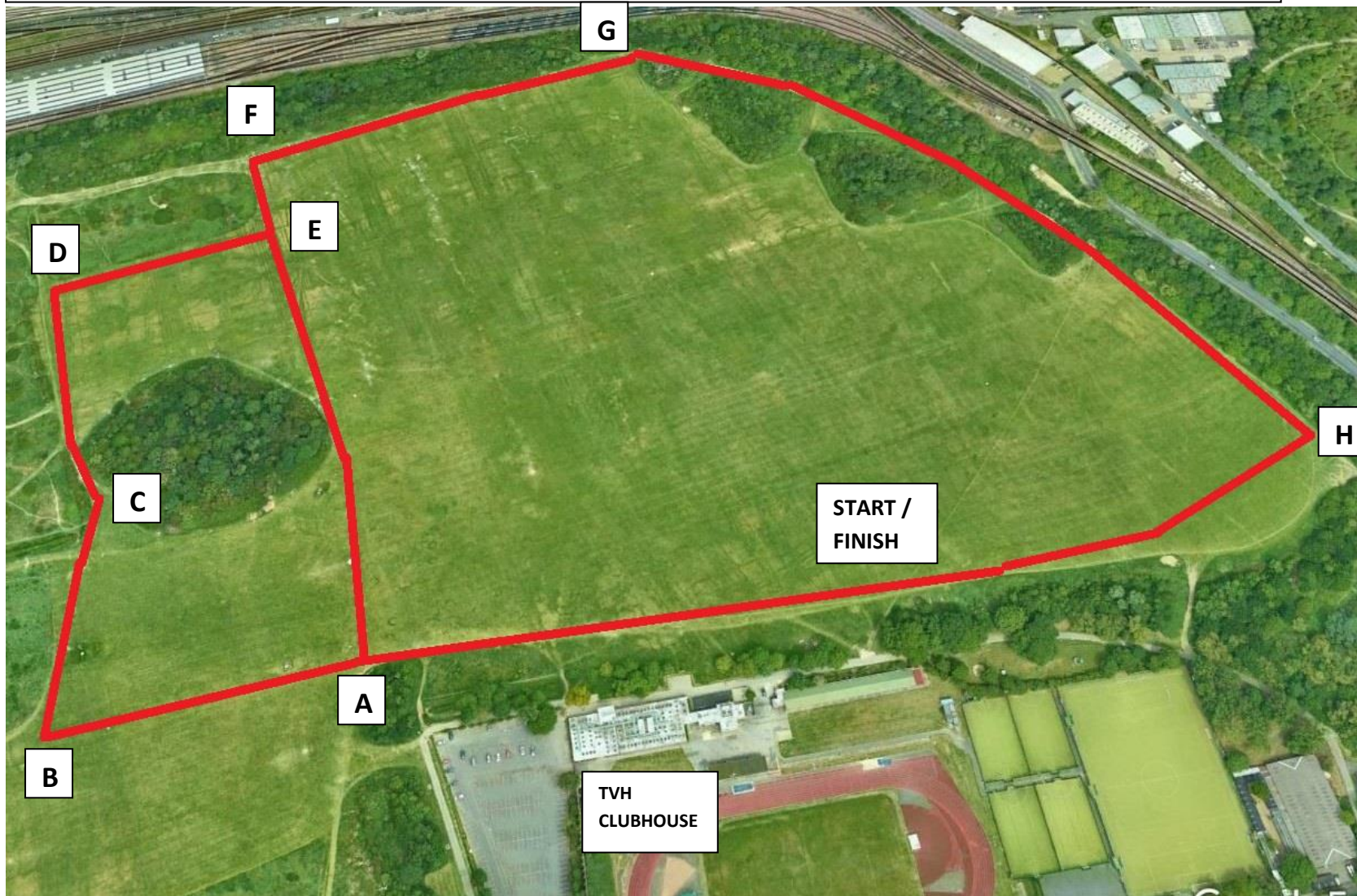


NW London Young Athletes Cross Country fixture 5 WORMWOOD SCRUBS, Saturday 5th March 2022



| | | | |
|--------------|----------------------------------------------------|--------------|----------------------------------------------------------------|
| | Lap: Start – A-B-C-D-E-F-G-H – Finish = approx 2km | | Loop: A-B-C-D-E-A = approx 1km |
| Race 1 12.30 | Under 11s - 1 x 2km Lap = 2km | Race 2 12.45 | Under 13s - Start-A-B-C-D-E-A-B-C-D-E-F-G-H (Lap & Loop) = 3km |
| Race 3 13.05 | Under 15s - 2 x 2km Laps = 4km | Race 4 13.30 | Under 17s - Lap & Loop (as U13s) + Lap = 5km |