

Mid Lancs Cross Country

Hosted by Leigh Harriers & AC
at Leigh Sports Village

Start Details:

All Races: 'Start' - 1.5 Laps of field (then individual races)

Lap Details:

Small Lap: B-C-D-G-H-A
Medium Lap: B-C-D-E-G-H-A
Large Lap: B-C-D-E-F-G-H-A

M Marshalls

At each point A - H
and extras on
Pennington Park
as shown

Finish

Start

Individual Race Details:

U11 Boys/Girls: Start + 1 Small Lap (2.3 km)

U13 Girls: Start + 1 Small Lap (2.3 km)

U13 Boys/U15 Girls: Start + 1 Medium Lap (3 km)

U15 Boys/U17W: Start + 1 Large Lap (4 km)

U17M/V70M/J, S & V Women: Start + 1 Sm'l & 11 'ge lap
(6 km)

J/S & V Men: Start + 3 Large Laps (10 km)