

MID LANCS X COUNTRY – GLAXO ,ULVERSTON

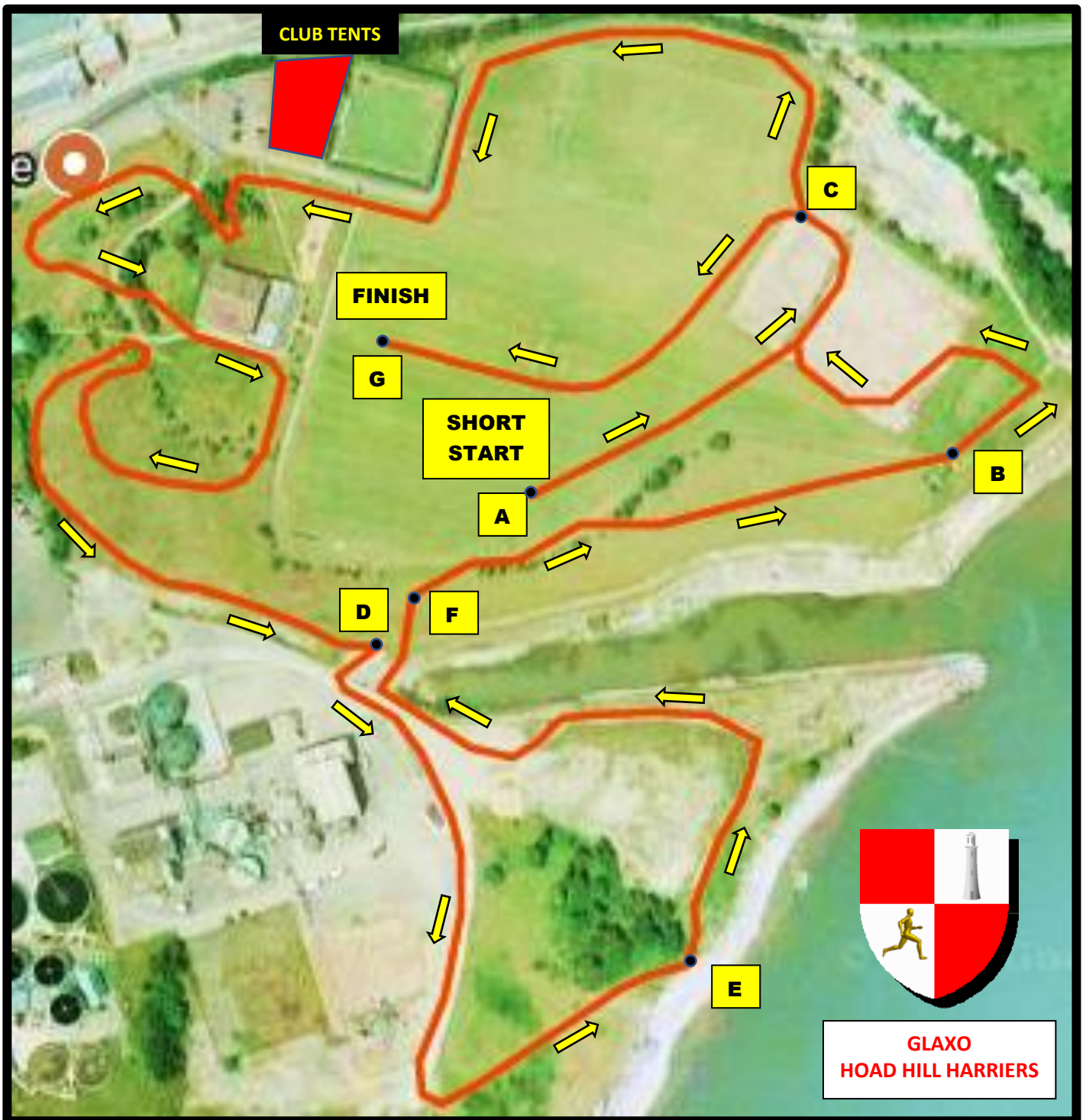
12:30 pm : RACE 1 : UNDER 11 GIRLS

12:45 pm : RACE 2 : UNDER 11 BOYS

START + 1 SHORT LAP + FINISH

A → B C D F B C → G

2.2K



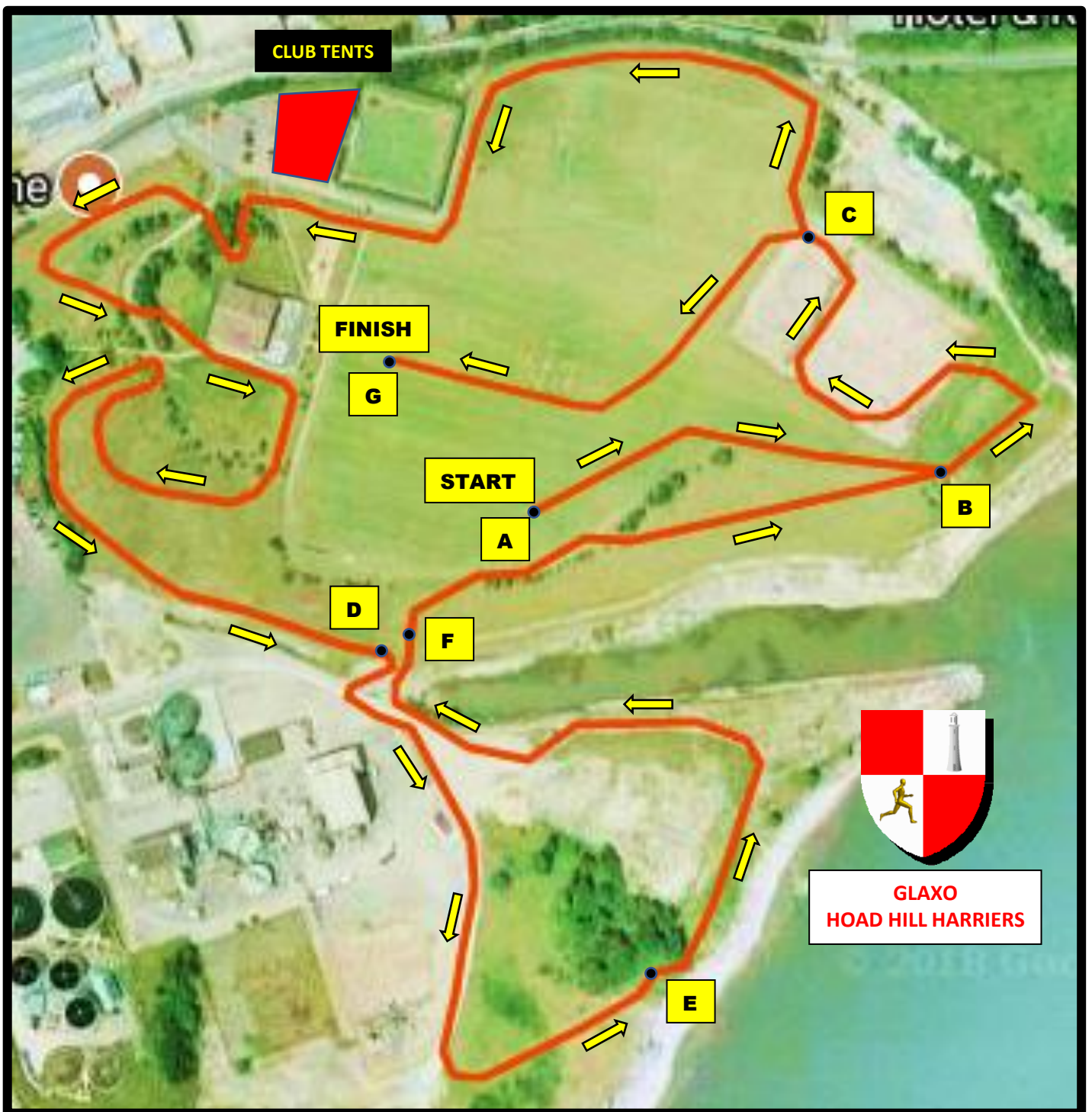
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1:00 pm : RACE 3 : UNDER 13 GIRLS

SHORT START + 1 LONG LAP + FINISH

A → C D E F B C → G

2.6K



MID LANCS X COUNTRY – GLAXO, ULVERSTON

1:20 pm : RACE 4

UNDER 13 BOYS/UNDER 15 GIRLS

START + 1 LONG LAP + FINISH

A → B C D E F B C → G

2.8K



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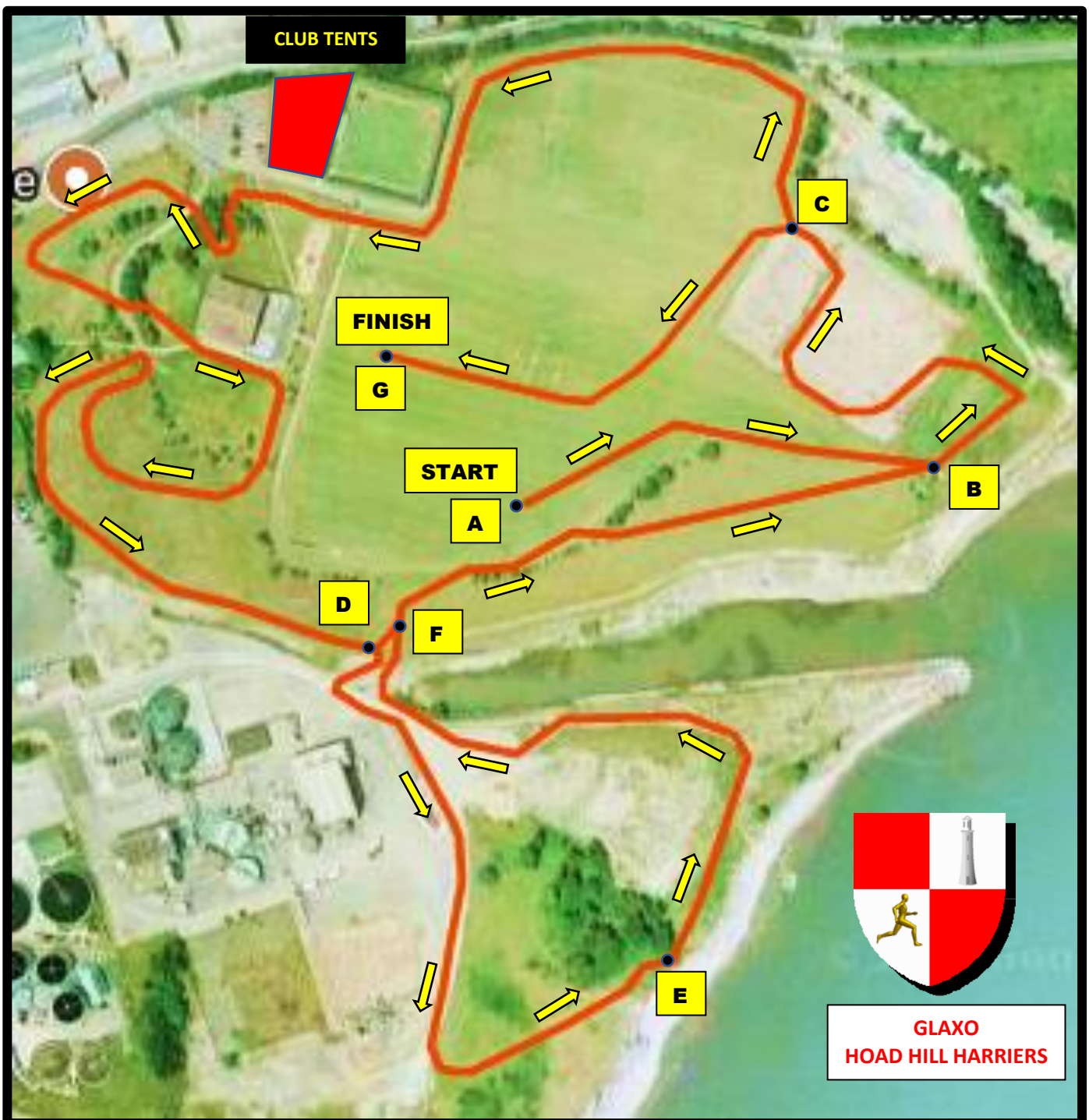
1:40 pm : RACE 5

UNDER 15 BOYS / UNDER 17 WOMEN

START + 1 SHORT LAP+ 1 LONG LAP + FINISH

A→B C D F B→C D E F B C→G

4.4K



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2:00 pm : RACE 6

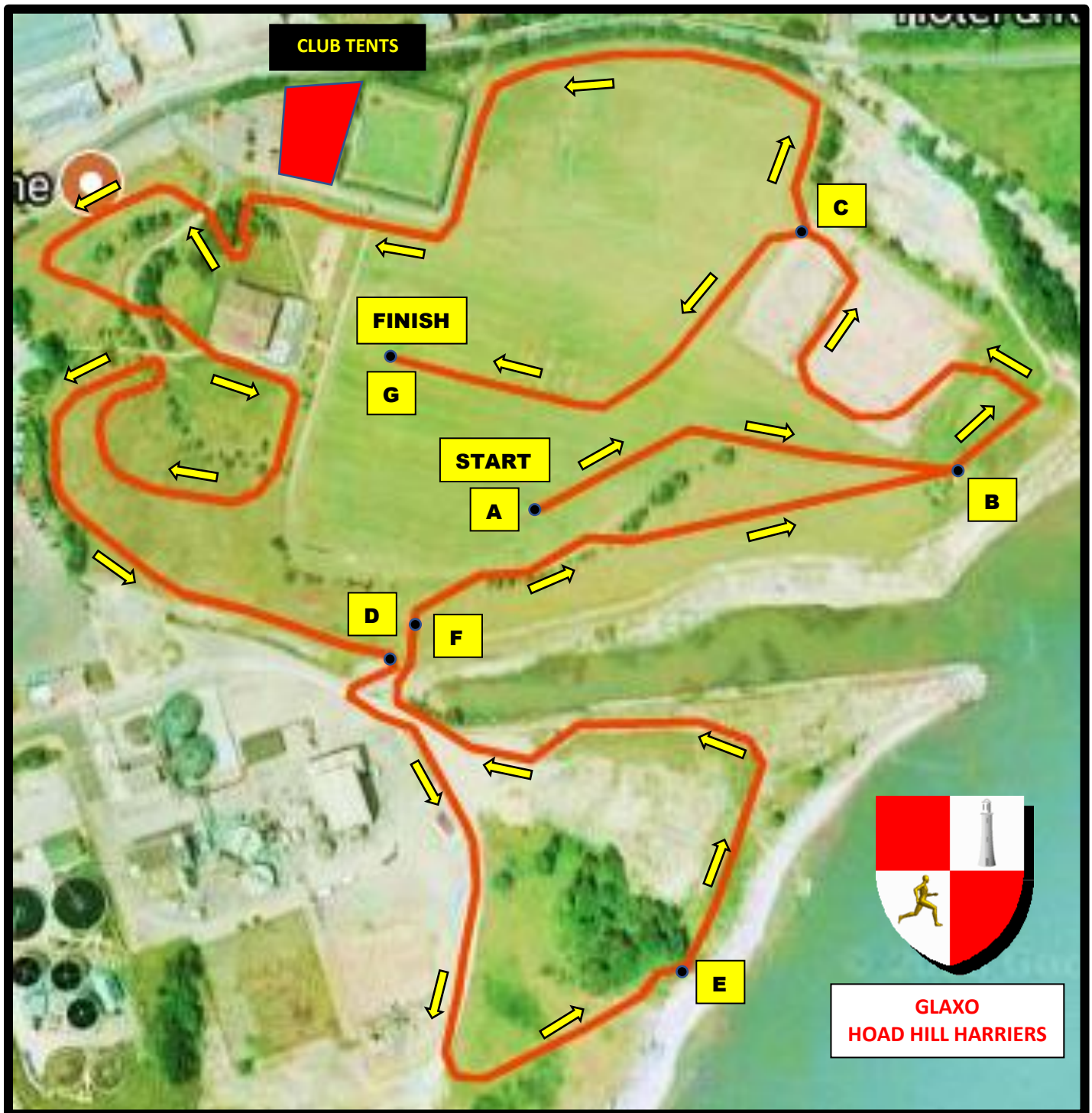
UNDER 17 MEN / VET 70 MEN

UNDER 20 WOMEN/SENIOR/VET WOMEN

START + 1 SHORT LAP+ 2 LONG LAPS + FINISH

A → B C D F B → C D E F B C → C D E F B C → G

6.4K



MID LANCS X COUNTRY – GLAXO ,ULVERSTON

2:30 pm : RACE 7

UNDER 20 MEN / SENIOR / VET MEN

START + 4 LONG LAPS + FINISH

A → BCDEFB → CDEFB → CDEFB → CDEFBC → G

9.1K



MID LANCS CROSS COUNTRY: GSK ULVERSTON : RACE OVERVIEW

RACE	TIME	AGE GROUPS	ROUTES	Approx Distance
1.	12.30pm	UNDER 11 GIRLS	START +1 SHORT LAP + FINISH A ⇒ B C D F B C ⇒ G	2.2 K
2.	12.45pm	UNDER 11 BOYS	START +1 SHORT LAP + FINISH A ⇒ B C D F B C ⇒ G	2.2 K
3.	1:00pm	UNDER 13 GIRLS	SHORT START + 1 LONG LAP + FINISH A ⇒ C D E F B C ⇒ G	2.6 K
4.	1.20pm	UNDER 13 BOYS UNDER 15 GIRLS	START + 1 LONG LAP + FINISH A ⇒ B C D E F B C ⇒ G	2.8 K
5	1.40pm	UNDER 15 BOYS UNDER 17 WOMEN	START + 1 SHORT LAP + 1 LONG LAP + FINISH A ⇒ B C D F B ⇒ C D E F B C ⇒ G	4.4K
6	2.00pm	UNDER17 MEN VET 70 MEN UNDER 20 WOMEN SENIOR & VET WOMEN	START+ 1 SHORT LAP + 2 LONG LAPS + FINISH A ⇒ B C D F B ⇒ C D E F B ⇒ C D E F B C ⇒ G	6.4 K
7	2.30pm	UNDER 20 MEN SENIOR, VET MEN	START + 4 LONG LAPS + FINISH A ⇒ B C D E F B ⇒ C D E F B ⇒ C D E F B ⇒ C D E F B C ⇒ G	9.1K