

Milton Keynes – 1st Fixture of the British Cross Challenge and 2nd Chiltern League Fixture

Saturday 12th November 2016

Race No.	Time	Race	Laps	Detail	Approx. Distance	League Recommended Distance
1	11:30	U11 Girls	1 Small Extended Loop	A,B,C,F,C, Finish	1755m	2000 max
2	11:45	U11 Boys	1 Small Extended loop	A,B,C,F,C, Finish	1755m	2000 max
3	12:00	U13 Girls	2 Small	A,B,C,A, B,C, Finish	2670m	2500-3000m
4	12:15	U13 Boys	2 Small	A,B,C,A, B,C, Finish	2670m	2500-3000m
5	12:30	U15 Girls	1 Large	A,B,C,D,E,D,F,C, Finish	3590m	3500-4000m
6	12:45	U15 Boys	1 Med plus 1 North Loop	A,B,C,D,F,C, D,E,D,F,C, Finish	4420m	4000-4500m
7	13:00	U17 / U20 Women (U20 at 31.12.2016)	1 Small plus 1 Large	A,B,C,A, B,C,D,E,D,F,C, Finish	4990m	4500-5000m
8	13.15	Snr. Women/Vets	1 Med plus 1 Large	A,B,C,D,F,C,A, B,C,D,E,D,F,C, Finish	5900m	5500-6000m
9	13.40	U17 Men and U20 Cross Challenge Men (U20 at 31.12.2016)	1 Med plus 1 Large	A,B,C,D,F,C,A, B,C,D,E,D,F,C, Finish	5900m	5500-6000m
10	14.00	Junior Men/ Snr. Men/Vets	1 Med plus 2 Large	A,B,C,D,F,C,A, B,C,D,E,D,F,C,A B,C,D,E,D,F,C, Finish	9510m	8000-10000m