

**British Athletics Cross Challenge, Tear Drops Lake, Milton Keynes
inc: Home Countries International and Chiltern Cross country League.**

Saturday 12th November 2022

Timetable

Event No	Time	Race	Laps	Detail	Distance
1	10:30	U11 Girls	1 Small Extended Loop	A,B,C,F,C, Finish	1,850m
2	10:45	U11 Boys	1 Small Extended loop	A,B,C,F,C, Finish	1,850m
3	11:00	U13 Girls	1 Small + 1 Small Extended loop	A,B,C, A,B,C,F,C Finish	3,100m
4	11:15	U13 Boys	1 Small + 1 Small Extended loop	A,B,C, A,B,C,F,C Finish	3,100m
5	11:30	U15 Girls	2 Medium	A,B,C,D,F,C A,B,C,D,F,C, Finish	4,400m
6	11:55	U15 Boys	2 Medium	A,B,C,D,F,C A,B,C,D,F,C, Finish	4,400m
7	12:15	U17 Women, Under 20 Women and Home International	1 Small + 1 Large	A,B,C, A,B,C,D,E,D,F,C, Finish	5,000m
8	12:40	U17 Men	1 Med + 1 Large	A,B,C,D,F,C, A,B,C,D,E,D,F,C, Finish	5,900m
9	13:10	Senior Women & Home International, Chiltern League Senior Women & Veterans	1 Small + 1 Med + 1 Large	A,B,C A,B,C,D,F,C A,B,C,D,E,D,F,C, Finish	7,200m
10	14:10	U20 Men & Home Countries International	Small + 1 Med + 1 Large	A,B,C A,B,C,D,F,C A,B,C,D,E,D,F,C, Finish	7,200m
11	14:40	Senior Men & Home International. Chiltern League Senior Men, Veterans & Junior Men	1 Med + 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	9,500m

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