

## Milton Keynes – 2<sup>nd</sup> Fixture of the British Cross Challenge and 2<sup>nd</sup> Chiltern League Fixture

**Saturday 10<sup>th</sup> November 2018**

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	1800m	2000 max
2	11:45	U11 Boys	1 Small Extended loop	A,B,C,F,C, Finish	1800m	2000 max
3	12:00	U13 Girls	2 Small	A,B,C,A, B,C, Finish	2590m	2500-3000m
4	12:15	U13 Boys	2 Small	A,B,C,A, B,C, Finish	2590m	2500-3000m
5	12:30	U15 Girls	2 Medium	A,B,C,D,F,C A,B,C,D,F,C, Finish	4200m	Approx 4000m
6	12:45	U15 Boys	2 Medium	A,B,C,D,F,C A,B,C,D,F,C, Finish	4200m	Approx 4000m
7	13:00	U17/U20 Women	1 Small plus 1 Large	A,B,C,A, B,C,D,E,D,F,C, Finish	4700m	4500-5000m
8	13.25	Snr. Women/Vets	1 Med plus 1 Large	A,B,C,D,F,C,A, B,C,D,E,D,F,C, Finish	5650m	5500-6000m
9	13.50	U17 Men with U20 Cross Challenge Men	1 Med plus 1 Large	A,B,C,D,F,C,A, B,C,D,E,D,F,C, Finish	5650m	5500-6000m
10	14.10	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	9150m	8000-10000m