



VENUE - STAFFORD COMMON.

STAFFORDSHIRE AAA COUNTY CROSS COUNTRY CHAMPIONSHIPS - SATURDAY 5TH JANUARY 2019.

12.00pm Under 13 Girls/Under 13 Boys 3:6k 1 Medium lap - Start, A, B, C, D, E, F, G, A, M, FINISH

12.25pm Under 15 Girls/Under 15 Boys 4:8k 1 Small + 1 Medium lap - Start, A, B, C, G, A, B, C, D, E, F, G, A, M, FINISH.

1.05pm Under 17 Men/Under 17 Women/ Senior & Veteran Women. 6.2k 2 medium laps - Start, A, B, C, D, E, F, G, A, B, C, D, E, F, G, A, M, FINISH.

1.45pm 10k 3 Large Laps - Start, A, B, C, D, L, E, F, G, A, B, C, D, L, E, F, G, A, B, C, D, L, E, F, G, A, M, FINISH.