

John H Collins Gwent Cross Country League



Race Details

- | | | | |
|-------------|--|-------------|--|
| 1130 | U11 Girls: 1 Small Lap to Finish (1,175m) | 1235 | U15 Boys: 1 Large Reduced Lap & 1 Small Lap to Finish (3,800m) |
| 1136 | U11 Boys: 1 Small Lap to Finish (1,175m) | 1258 | Senior Women, Masters and V65 Men: 2 Large Reduced Laps & 1 Small Lap to Finish (6,400m) |
| 1142 | U13 Girls: 1 Medium Reduced Lap & 1 Small Lap to Finish (2,700m) | 1340 | U17 & U20 Men: 1 Medium Reduced Lap, 1 Large Lap & 1 Small Lap to Finish (5,560m) |
| 1157 | U13 Boys: 1 Medium Reduced Lap & 1 Small Lap to Finish (2,700m) | 1410 | U17 & U20 Women: 1 Medium Reduced Lap, 1 Medium Lap & 1 Small Lap to Finish (4,470m) |
| 1212 | U15 Girls: 1 Large Reduced Lap & 1 Small Lap to Finish (3,800m) | 1435 | Senior Men & Masters: 3 Large Laps & 1 Small Lap to Finish (9,765m) |

Notes

Competitors: Must be on the Start Line 5 minutes before the start of their race.

The Course: Will be run on open meadow fields.

Footwear: Cross-country shoes or spikes.

Event Rules: The event will be run under Gwent League rules.

