

START FITNESS NEHL CROSS COUNTRY
GOSFORTH PARK, NEWCASTLE
SATURDAY, 27 OCTOBER 2018



RACES

U11's: 1200m (1 SMALL LAP) A-B-C-D-A-S

U13's: 2 Mile (1 LARGE LAP) A-B-G-H-F-E-C-D-A-S

U15's: 2 Mile (1 LARGE LAP) A-B-G-H-F-E-C-D-A-S

U17/20 WOMEN: 3 Mile (2 MEDIUM LAPS) A-B-G-H-F-D-A-B-G-H-F-D-A-S

U17 MEN: 3 Mile (2 MEDIUM LAPS) A-B-G-H-F-D-A-B-G-H-F-D-A-S

SENIOR WOMEN: 4 Mile (2 LARGE LAPS) A-B-G-H-F-E-C-D-A-B-G-H-F-E-C-D-A-S

SENIOR MEN: 6 Mile (3 LARGE LAPS) A-B-G-H-F-E-C-D-A-B-G-H-F-E-C-D-A-B-G-H-F-E-C-D-A-S



**NEHL CROSS COUNTRY: GOSFORTH PARK
SATURDAY, 27 OCTOBER 2018**

**ALL COMPETITORS & SPECTATORS ARE
REQUESTED TO USE THE 'WEST' ENTRANCE TO
THE PARK AND FOLLOW DIRECTIONS TO THE
'ANNUAL MEMBERS CAR PARK' (SHOWN ABOVE).
PARKING CHARGE: £2 PER VEHICLE.
PLEASE CAR SHARE IF POSSIBLE.**