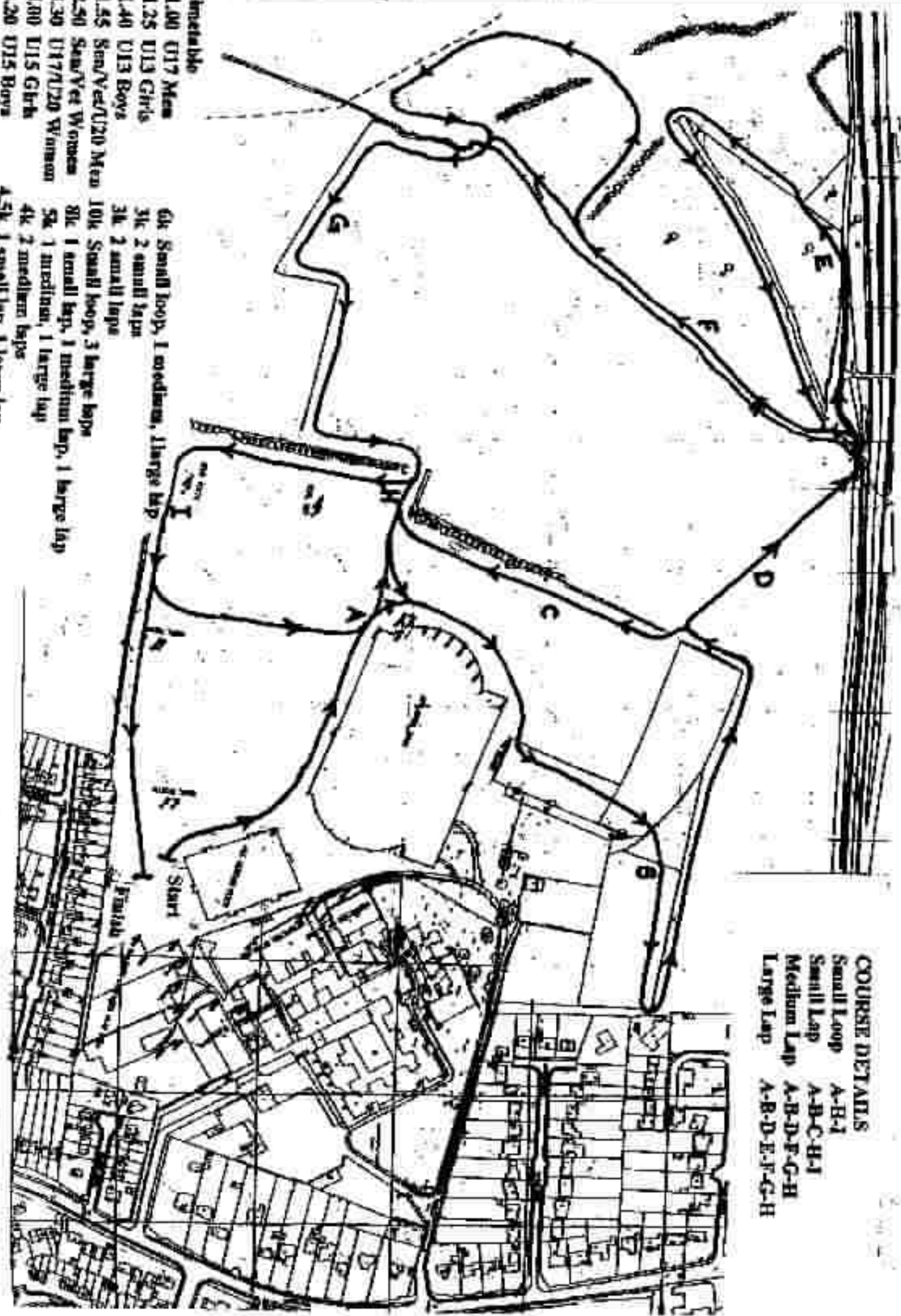


# NOTTS AND DERBYS CROSS COUNTRY COUNTY CHAMPS.

- Timetable**
- 11.00 U17 Men
  - 11.25 U13 Girls
  - 11.40 U13 Boys
  - 11.45 Sen/Vet/U20 Men
  - 12.50 Sen/Vet Women
  - 13.30 U17/U20 Women
  - 14.00 U15 Girls
  - 14.20 U15 Boys

- 6a Small loop, 1 medium, 1 large lap
- 3c 2 small laps
- 3k 2 small laps
- 10k Small loop, 3 large laps
- 8k 1 small lap, 1 medium lap, 1 large lap
- 5k 1 medium, 1 large lap
- 4k 2 medium laps
- 4.5k 1 small lap, 1 large lap



**COURSE DETAILS**

Small Loop	A-B-I
Small Lap	A-B-C-B-I
Medium Lap	A-B-D-F-G-H
Large Lap	A-B-D-E-F-G-H