



Start straight= X-B
 Medium lap= C-D-E-F-G-H-J-P-Q-X-A-B
 Miss out copse (woodland)
 Large Lap= B-C-D-E-F-G-H-J-K-L-M-N P-Q-X-A-B
 All perimeter
 Finish funnel location= Y
 U9= 1 medium lap
 U11= 1 large lap
 U13= 2 large laps
 U15= 1 medium and 2 large laps
 Seniors= 3 large laps

Cross-Country: WGS Course