

Course details:

U17 Woman – 1 black lap followed by one combined black and red lap

U11 Boys – 1 black lap

U17 Men – 2 full combined black and red laps

U11 Girls – 1 black lap

U15 Boys – 2 black laps

U13 Girls – 1 combined black and red lap

U13 Boys – 1 combined black and red lap

U15 Girls – 2 black laps

West Midlands Young Athletes Cross Country League

Abington Park Course

