

Notts Mini League Cross Country

Start at green triangle

Finish at red square

Run laps anti clockwise

Short lap - 500m

Long lap - 1,000m

Under 11 girls—1500m

1 short lap + 1 long lap

Under 11 boys—1500m

1 short lap + 1 long lap

Under 13 girls—2,000m

2 long laps

Under 13 boys—3,000m

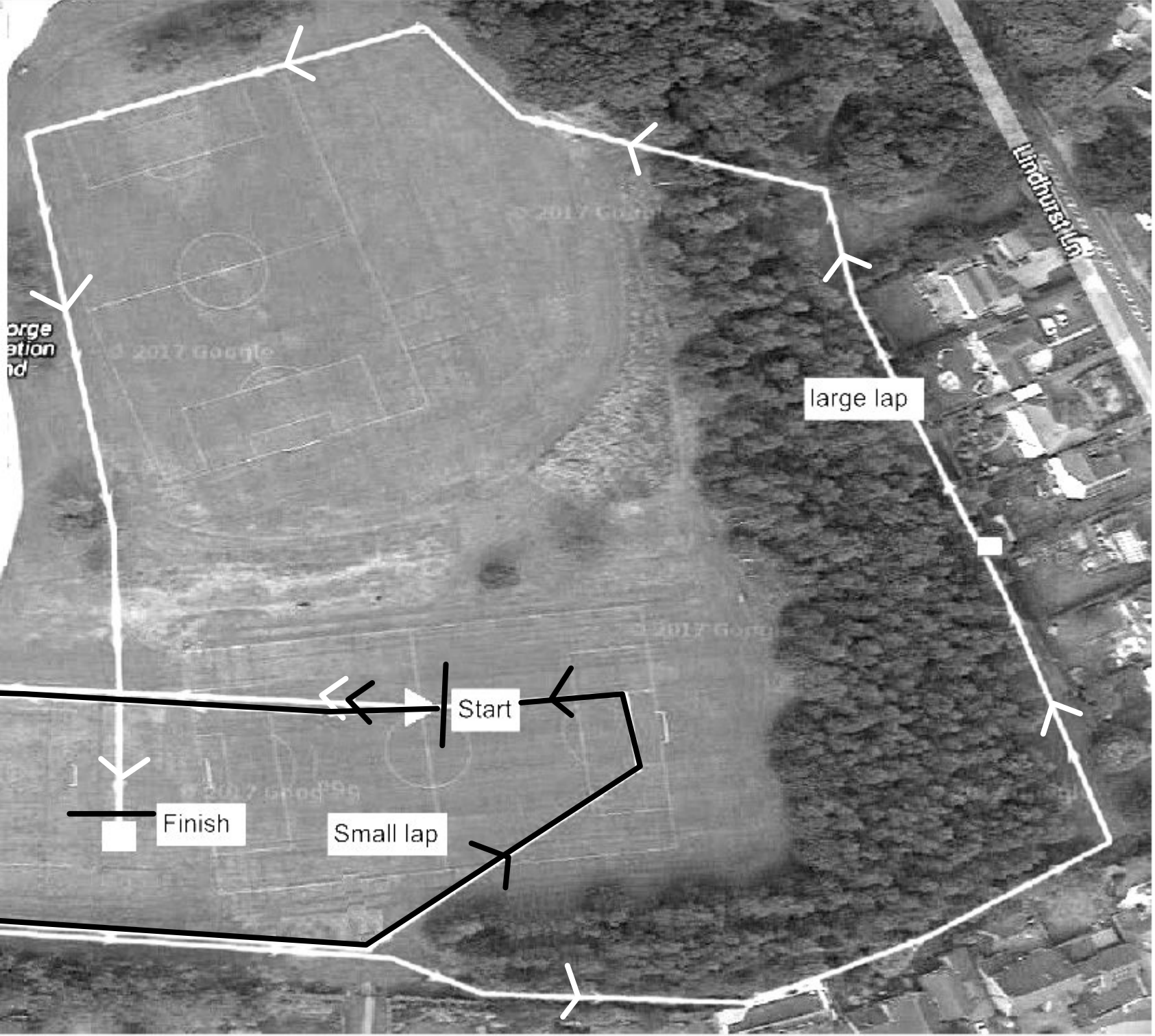
3 long laps

Under 15 girls—3,000m

3 long laps

Under 15 boys—4,000m

4 long laps



large lap

Start

Finish

Small lap

Lindhurst Ln

2017 Google

2017 Google

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