

Minileague XC course King's Park, Retford DN22 6DG

—————→ Large lap (1k)
-----→ Small lap (500m)

U10g 1.5k (1 small +1 large lap)
U10b 1.5k (1 small +1 large lap)
U12g 1.5k (1 small +1 large lap)
U12b 1.5k (1 small +1 large lap)
U14g 2k (2 large laps)
U14b 3k (3 large laps)
U16g 3k (3 large laps)
U16b 4k (4 large laps)

