



**Start Fitness Metropolitan League**  
**Race 2 - 10 November 2018**  
**Stanborough Park, Welwyn Garden City**

Races 1 & 2	Under 11s	1,500m	Start – 1 small lap (yellow) – Finish
Races 3 & 4	Under 13s	3,200m	Start – 1 small lap (yellow) – 1 large lap (no loop) - Finish
Races 5 & 6	Under 17s	4,400m	Start – 2 large laps with short loop (green) - Finish
Race 7	Senior/Vet Women	6,000m	Start – 1 very small lap (yellow) - 2 large laps with full loop - Finish
Race 8	Senior/Vet Men	8,000m	Start – 3 large laps with full loop - Finish

