

NORTH WEST LONDON LEAGUE XC

HORSENDEN HILL – SEPTEMBER 28th 2019

POST CODE = UB6 0NX

HOST CLUB – EALING SOUTHALL & MIDDLESEX AC

TIMETABLE	START TIME	AGE GROUP	DISTANCE	COURSE
RACE 1	12:00 hrs	U11 Girls & Boys	2000m	B+C+A
RACE 2	12:15 hrs	U13 Girls & Boys	3000m	(B+C) x 2 + A
RACE 3	12:35 hrs	U15 Girls & Boys	4000m	(B+C+A) x 2
RACE 4	13:00hrs	U17 Women & Men	5000m	A + (B+C+A) x 2

