

## MID LANCS X COUNTRY – GLAXO ,ULVERSTON

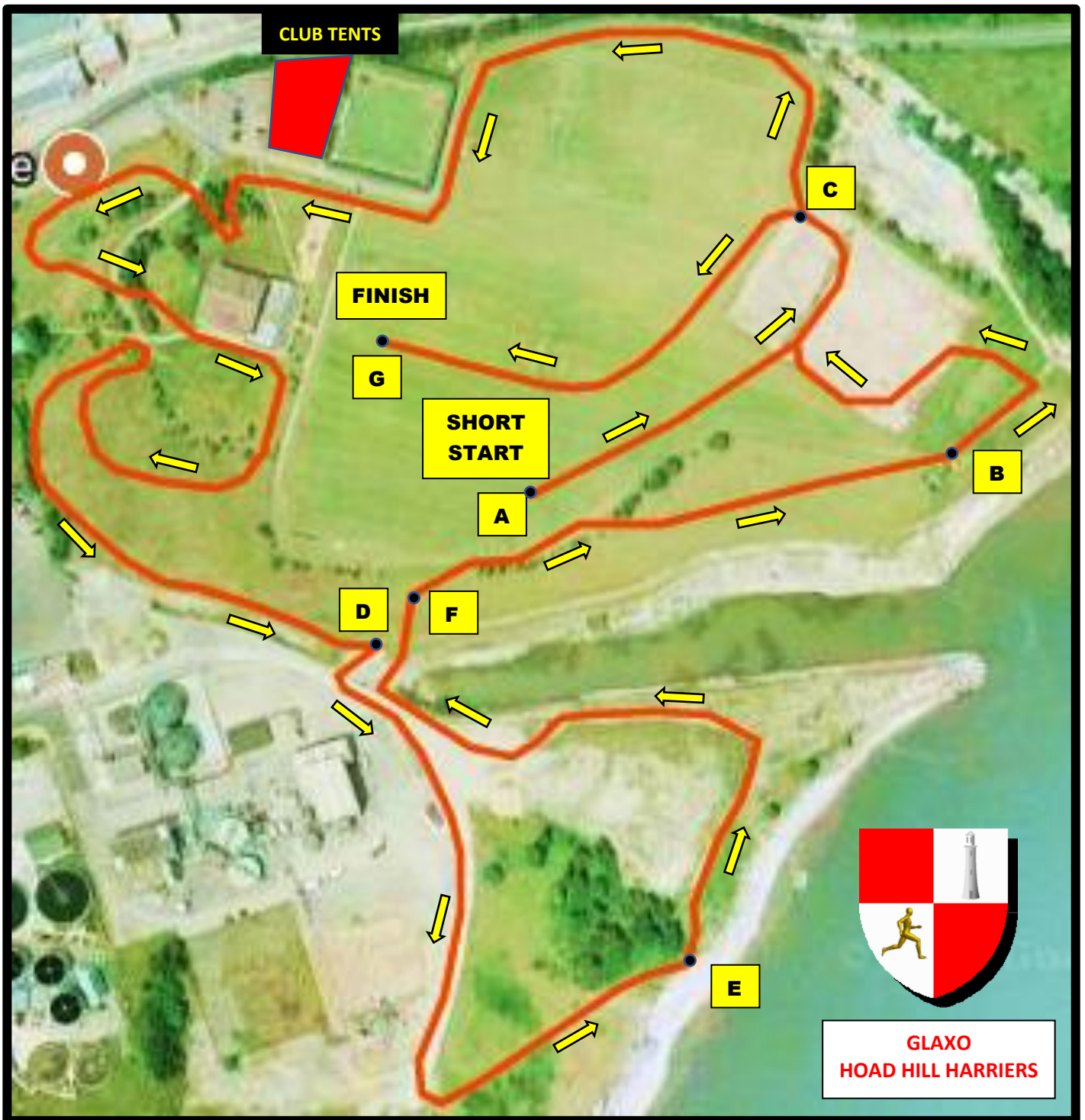
**12:30 pm : RACE 1 : UNDER 11 GIRLS**

**12:45 pm : RACE 2 : UNDER 11 BOYS**

**START + 1 SHORT LAP + FINISH**

**A → B C D F B C → G**

**2.2K**



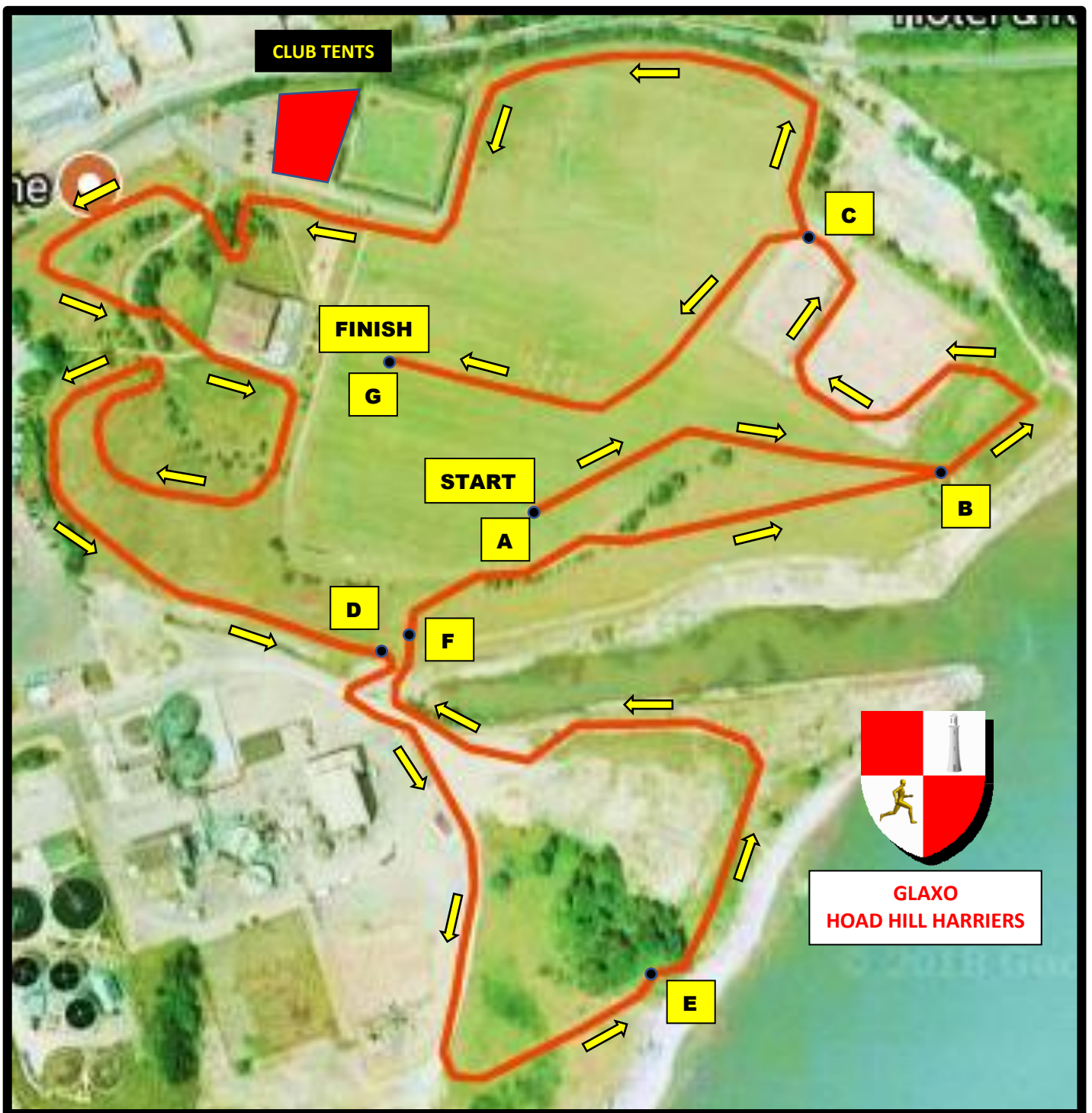
**MID LANCS X COUNTRY – GLAXO, ULVERSTON**

**1:00 pm : RACE 3 : UNDER 13 GIRLS**

**SHORT START + 1 LONG LAP + FINISH**

**A → C D E F B C → G**

**2.6K**



**MID LANCS X COUNTRY – GLAXO, ULVERSTON**

**1:20 pm : RACE 4**

**UNDER 13 BOYS/UNDER 15 GIRLS**

**START + 1 LONG LAP + FINISH**

**A → B C D E F B C → G**

**2.8K**



**MID LANCS X COUNTRY – GLAXO ,ULVERSTON**

**1:40 pm : RACE 5**

**UNDER 15 BOYS / UNDER 17 WOMEN**

**START + 1 SHORT LAP+ 1 LONG LAP + FINISH**

**A→B C D F B→C D E F B C→G**

**4.4K**



**MID LANCS X COUNTRY – GLAXO ,ULVERSTON**

**2:00 pm : RACE 6**

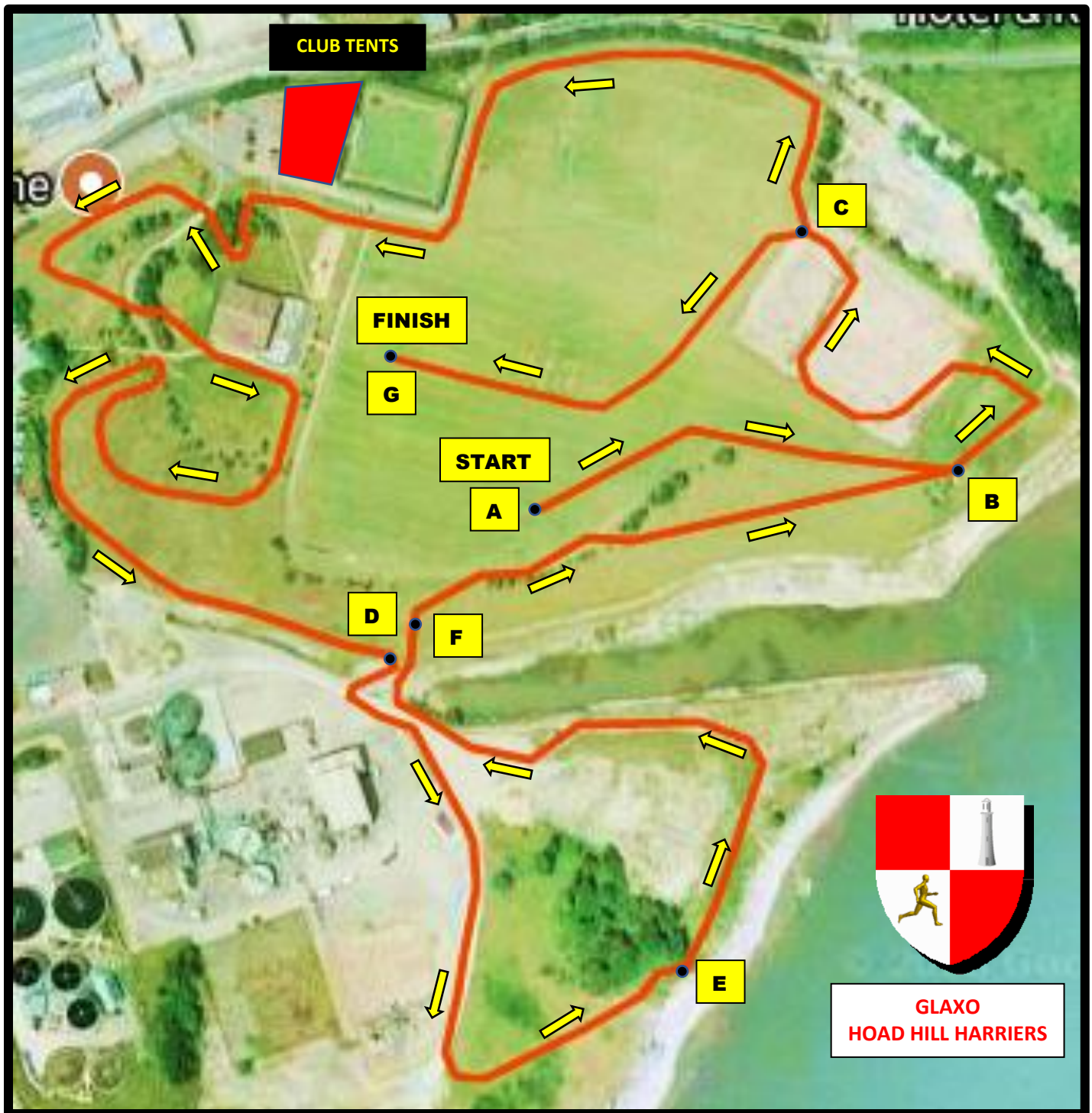
**UNDER 17 MEN / VET 70 MEN**

**UNDER 20 WOMEN/SENIOR/VET WOMEN**

**START + 1 SHORT LAP+ 2 LONG LAPS + FINISH**

**A → B C D F B → C D E F B C → C D E F B C → G**

**6.9K**



**MID LANCS X COUNTRY – GLAXO ,ULVERSTON**

**2:30 pm : RACE 7**

**UNDER 20 MEN / SENIOR / VET MEN**

**START + 4 LONG LAPS + FINISH**

**A → BCDEFB → CDEFB → CDEFB → CDEFBC → G**

**9.4K**

