

STAFFORD COMMON COURSE MAP
MIDLAND AREA CC CHAMPIONSHIPS 30-1-2010.

Small lap	ABEK
Medium lap with ditch	ABEFGHJK
Medium lap no ditch	ABEFHJK
Large Lap no ditch	ABCDEFHJK
Large lap	ABCDEFHJK
Finishing loop	KL

11.30am	U13 Boys	1 Medium lap, no ditch, + finishing Loop	3K
11.45am	U20 Men	2 Large Laps + finishing loop	8K
12.25pm	U13 Girls	1 Medium lap, no ditch, + finishing Loop	3K
12.45pm	U15 Boys	1 Large lap, no ditch + finishing loop	4K
1.05pm	U17/U20 Ladies	2 Medium laps, 1 lap through ditch + finishing loop	5K
1.35pm	U15 Girls	1 Large lap, no ditch+ finishing loop	4K
1.55pm	U17 Men	1 Medium lap, 1 Large lap, + finishing loop	6K
2.25pm	Senior ladies	2 Large laps + finishing loop	8K
3pm	Senior men	3 Large Laps + finishing loop	12K

All Distances are Approximate

