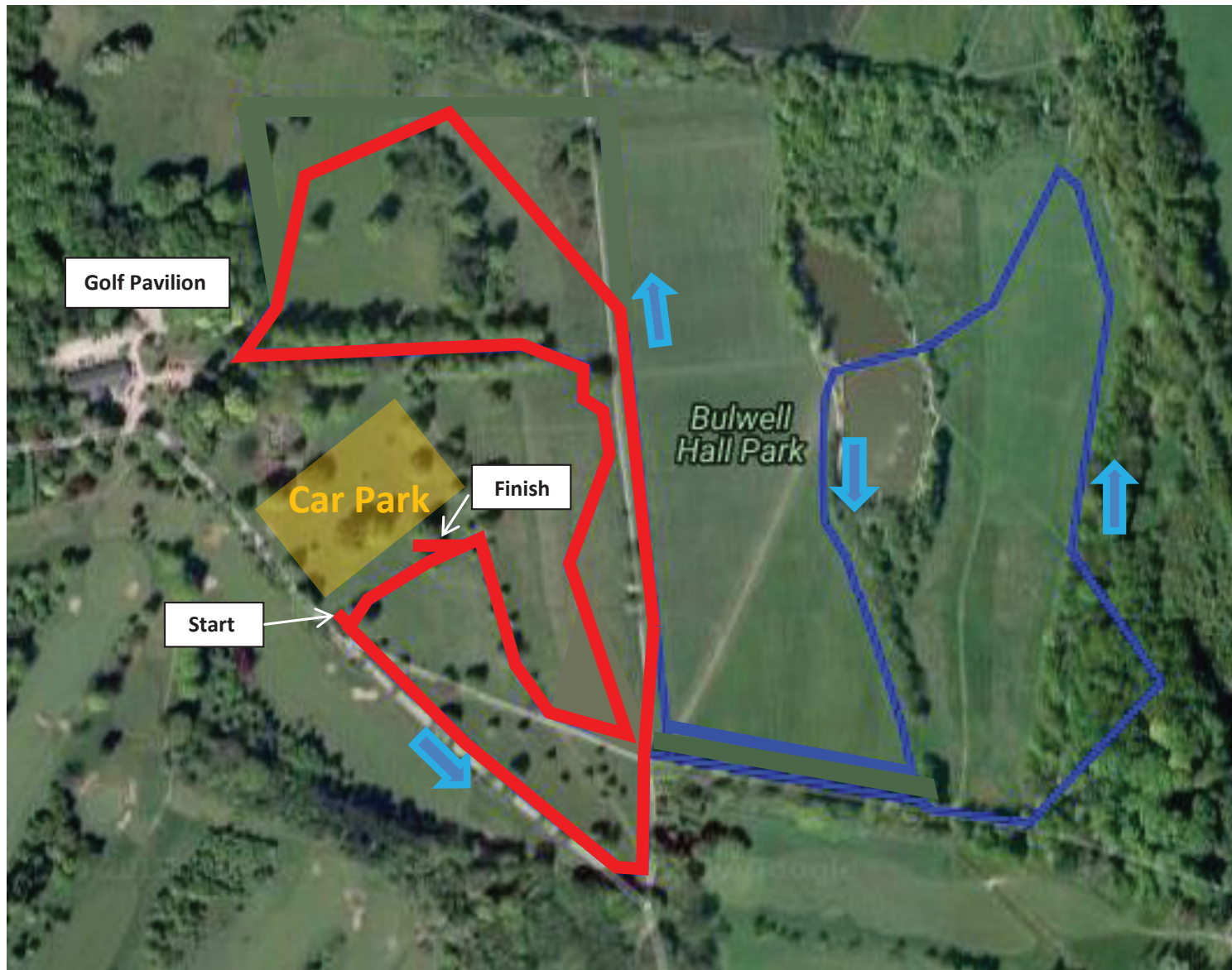


2019 Midland 7 mile and Ladies 5 mile XC



Key:

 Small Lap

 Large Lap

Events:

1.00pm Women
1 Small Lap followed by
2 Large laps

2.00pm Men
1 Small Lap followed by
3 Large Laps

Presentations as soon as possible
after the men's race.