



North District Cross-Country Championships – Evanton, Ross-shire

Race	Distance	Route	Race	Distance	Route
U13 Boys & Girls	3,200 metres	1 x large loop	U 17 Men & Sen Women	6,400 metres	2 x large loop
U 15 Girls & Boys	4,000 metres	2x med loop	U20 Men	8,000 metres	2 x large loop 1 x small loop
U 17 & U 20 Women	4,850 metres	1 x small loop 1 x large loop	Sen Men	9,750 metres	3 x large loop

Small Loop	Start, A,B,G,H Finish
Med Loop	Start, A,D,C,B,G,H Finish
Large Loop	Start, A,B,C,D,E,F,H, Finish