



Start Fitness Metropolitan League
2018/19 – Fixture 4
12 January 2019
Wormwood Scrubs

12.40pm	Race 1 – U11B	1.5km	1 short lap start by copse (yellow) JKGLMN
12.45pm	Race 2 – U11G	1.5km	1 short lap start by copse (yellow) JKGLMN
12.55pm	Race 3 – U13B	3km	1 longer lap (blue) ABCDEFGLMN
13.00pm	Race 4 – U13G	3km	1 longer lap (blue) ABCDEFGLMN



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not before	1.20pm	Race 5 – U17M/U15B	4km	1 long lap (red) ABCDEFGHJKGLMN
not before	1.25pm	Race 6 – U17W/U15G	4km	1 long lap (red) ABCDEFGHJKGLMN
not before	1.55pm	Race 7 – SW/VW/U20W	6km	1 short lap (green) AJKGLMN + 1 long lap (red)
not before	2.35pm	Race 8 – SM/VM/U20M	8km	2 long laps (red)