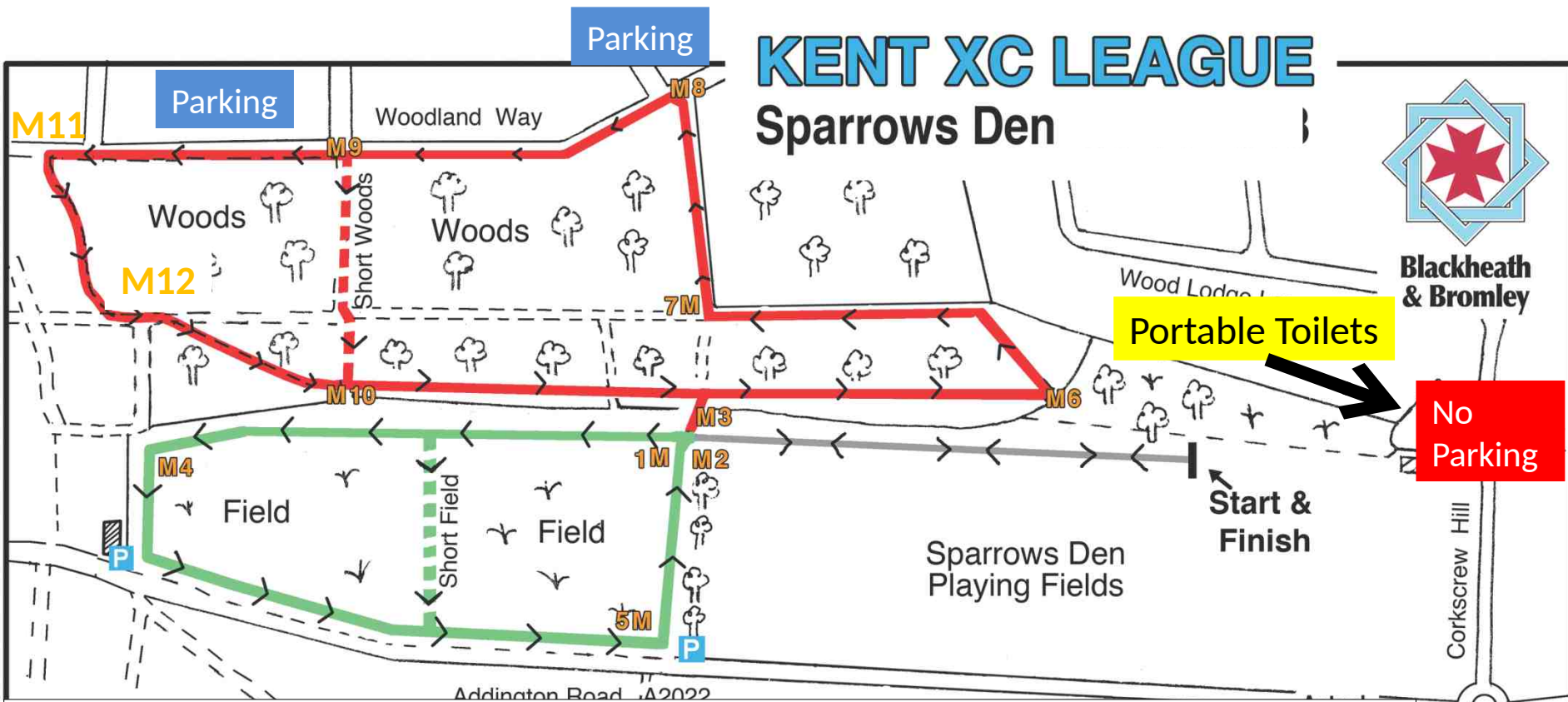


KENT XC LEAGUE

Sparrows Den



Blackheath & Bromley



12:00 Senior Women/O70M

1 short lap of field (green) and 2 Full Laps of the woods (red) 5430m

12:30 Senior Men

1 Full lap of field (green), 1 full laps of woods (red),

1 Full lap of field (green), 1 full laps of woods (red),

1 Full lap of field (green), 1 full laps of woods (red),

1 Full lap of field

Approx 10300m