



Key:









11:30-WOMEN'S SHORT RACE-6KM-2x YELLOW LAP

12:15-MEN'S SHORT RACE-8KM-1x ORANGE, 2x YELLOW LAP
13:15- WOMEN'S LONG RACE-8KM-1x ORANGE, 2x YELLOW LAP
14-15-MEN'S LONG RACE-10KM-3x BLUE LAP

HOSTED BY BRUNEL UNIVERSITY AT HORSENDEN HILL, EALING, LONDON