

# Wellington Cross Country Champs 2019



## RACE START TIMES AND (APPROX) DISTANCES

**12.30pm**  
(5km = 3 laps of 1.6km loop)  
WU18, MW50, MW60, MM60, MW70, MM70, all other grades non-championship

**1.10pm**  
(4km = 1 lap of 1km loop, + 2 laps of 1.6km loop)  
Boys and Girls Under 16s

**1.30pm**  
(6km = 4 laps of 1.6km loop)  
MU18, WU20,

(8km = 5 laps of 1.6km loop)  
MU20

**2.05pm**  
(1km = 1 lap of 1km loop)  
Boys and Girls Under 10

**2.15pm**  
(2km = 2 laps of 1km loop)  
Boys and Girls Under 12, Boys and Girls Under 14

**2.30pm**  
(10km = 6 laps of 1.6km loop)  
SW, SM, MW35, MM35, MM50, all other grades non-championship

