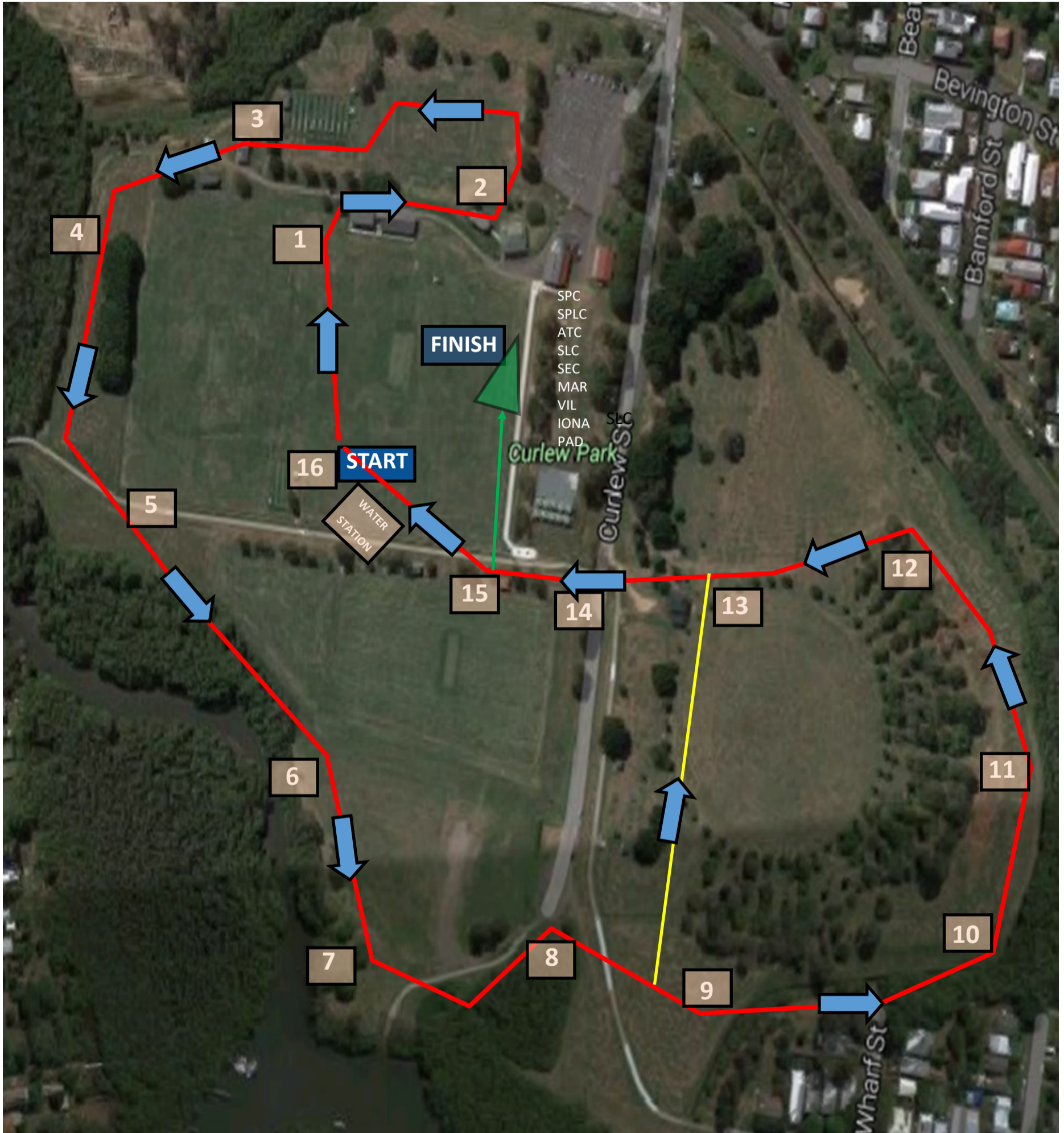




Associated Independent Colleges 2023 Cross Country Championships

Wednesday 31st May

Course map for the 2km, 3km, 4km, and 6km courses



Course Key and race distances:

- 1.5km Loop
- 2km Loop

Year 5	2km (1 Lap of the Red Course)	14 Years	4km (2 laps of the Red Course)
Year 6	3km (2 laps with the Yellow section)	15 Years	4km (2 laps of the Red Course)
12 Years	3km (2 laps with the Yellow section)	16 Years	6km (3 laps of the Red Course)
13 Years	3km (2 laps with the Yellow section)	Open	6km (3 laps of the Red Course)