

Birmingham Cross Country League, Saturday 12th November 2016, Cheltenham

The course is **3.25 laps** and should be about 6 miles.

From the Start follow the blue arrows to point A. (you only run these at the start)

Turn Right to join the red loop and follow this to point B.

You then have 3 full laps to go. Stick on the red route.

On reaching point B for the 4th time you follow the blue arrow to the finish

(Until the course is approved by the park warden this is a provisional and could change before the day)

