

Birmingham Cross Country League, Warley Woods. 14/1/2023

Men @2:30pm:
Start straight + 1x Short Lap
3x Long Laps
+ Finish straight
= 9.5km

Women @1.30pm:
Start straight + 1x Short Lap
2x Long Laps
+ Finish straight
= 6.8km

Short Lap (~1k): A-B-A
Long Lap (2.7k): A-C-D-E-F-G-B-A

Postcode to Barclay Rd (right of map):
'B67 5JZ'