

| Chiltern League Race Distances and Times | | | |
|--|---------------------------|-----------------|-------|
| Race | U11 Girls | 2000 M | 11.30 |
| 1 | U11 Boys | 2000M | 11.45 |
| 2 | U13 Girls | 2500 - 3000 M | 12.00 |
| 3 | U13 Boys | 2500 - 3000 M | 12.15 |
| 4 | U15 Girls | 3500 - 4000 M | 12.30 |
| 5 | U15 Boys | 4000 - 4500 M | 12.45 |
| 6 | U20/17 Ladies | 4500 - 5000 M | 13.00 |
| 7 | Senior and veteran Ladies | 5500 - 6000 M | 13.15 |
| 8 | U17 Men | 5500 - 6000 M | 13.40 |
| 9 | Senior and veteran men | 8000 - 10,000 M | 14.00 |

Chiltern League Web Site

www.chilternccl.co.uk