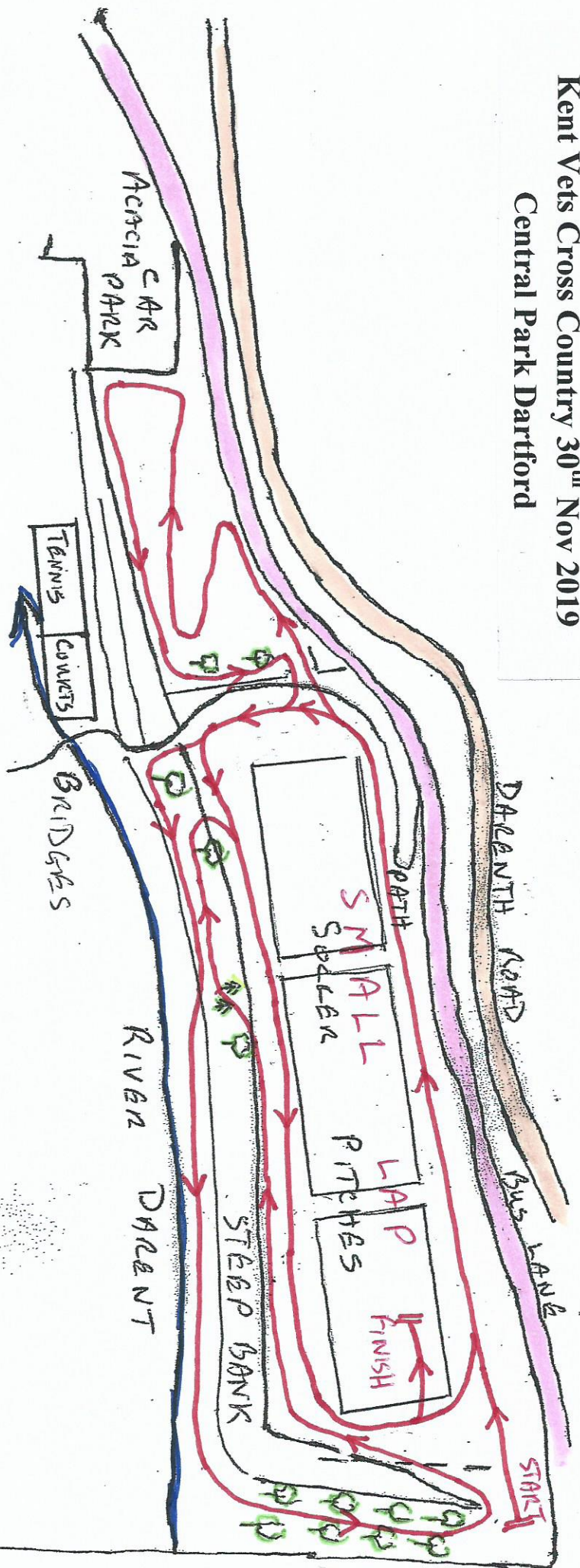


Kent Vets Cross Country 30th Nov 2019

Central Park Dartford



Courses

- 11.00 MV 50-59 One small lap, followed by 4 long laps – approx. 9.3k
- 12.00 MV 60-69, M70+ and all the Women Vets races.
Two small laps, followed by 2 long laps – approx. 5.4k
- 12.50 MV 40-49 One small lap, followed by 4 long laps – approx. 9.3k