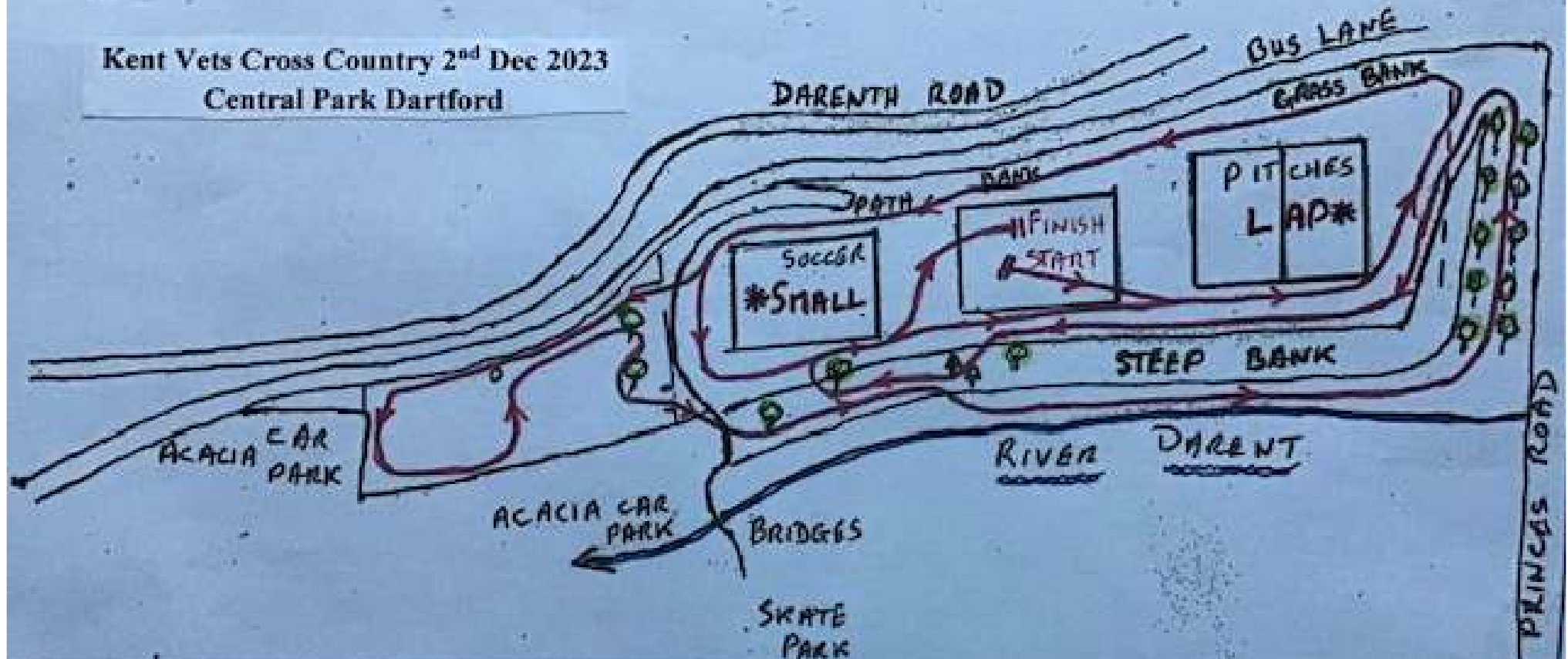


Kent Vets Cross Country 2<sup>nd</sup> Dec 2023  
Central Park Dartford



Courses

11.30 M 50-59 One small lap, followed by 4 long laps – approx. 8.4k

12.15 M 60-69, M70+ and W65+

Two small laps, followed by 2 long laps – approx. 5.2k

13.00 W 35-44, W 45-54, W 55-64

Two small laps, followed by 2 long laps – approx. 5.2k \*

13.50 M 40-49 One small lap, followed by 4 long laps – approx. 8.4k

ATHLETICS  
TRACK

