Cross Country At Crypt School Gloucester

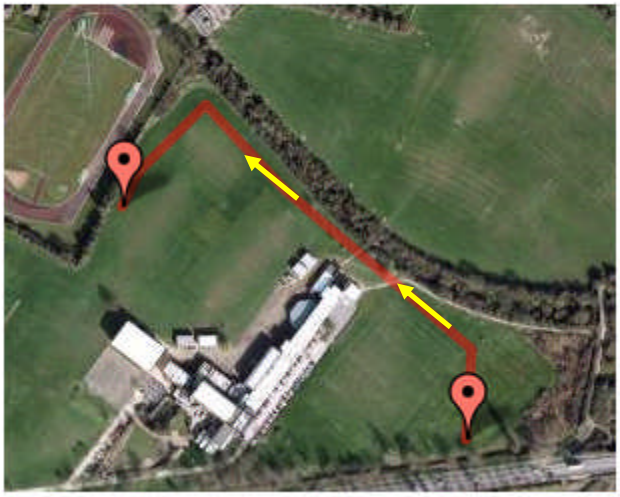
Dec 5th 2009

This course is approx. 6.25 miles or 10k & comprises:

Start leg,
3 times lap,
finish leg.

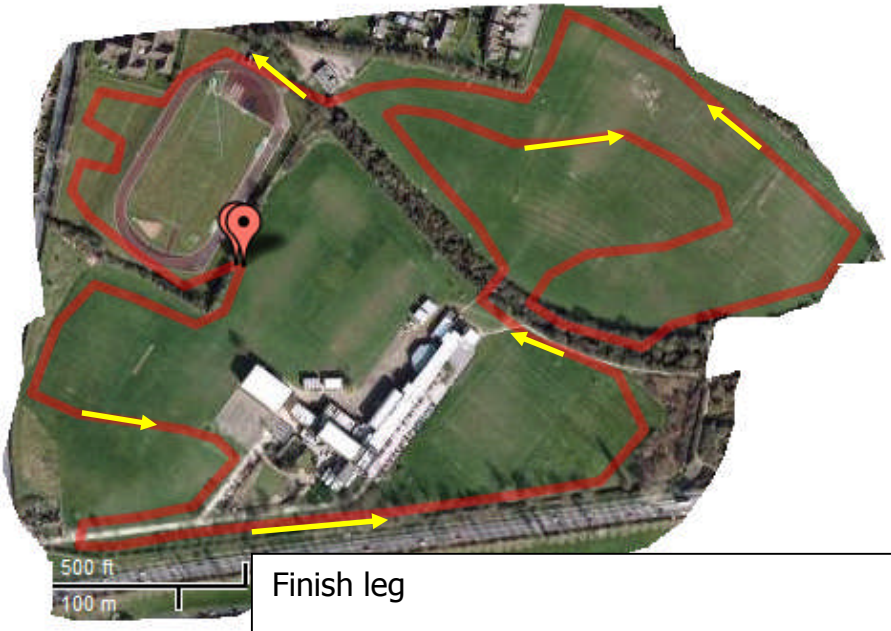
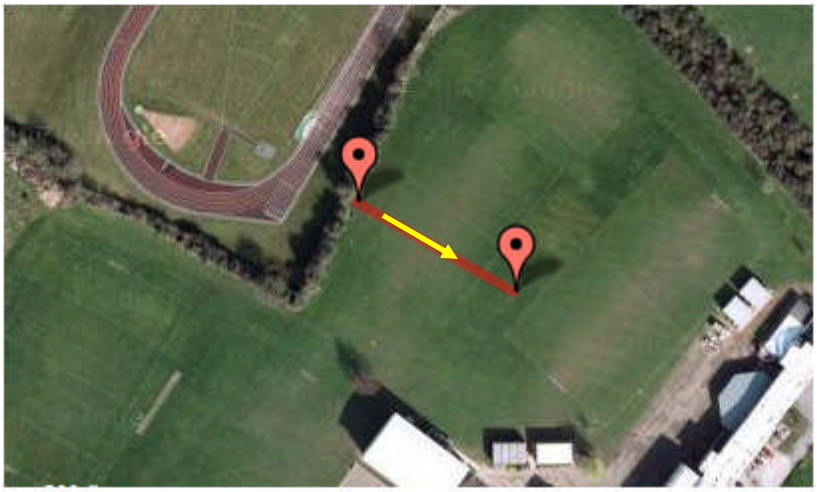
Walking the course to familiarise yourself with it is advised. It is suitable for spikes.
Note there are banks on the lap and that under trees, roots are exposed in some places.

Start Leg just under 0.25 miles



Large lap 2 miles

Run anti clockwise from the red lollipop.



Finish leg