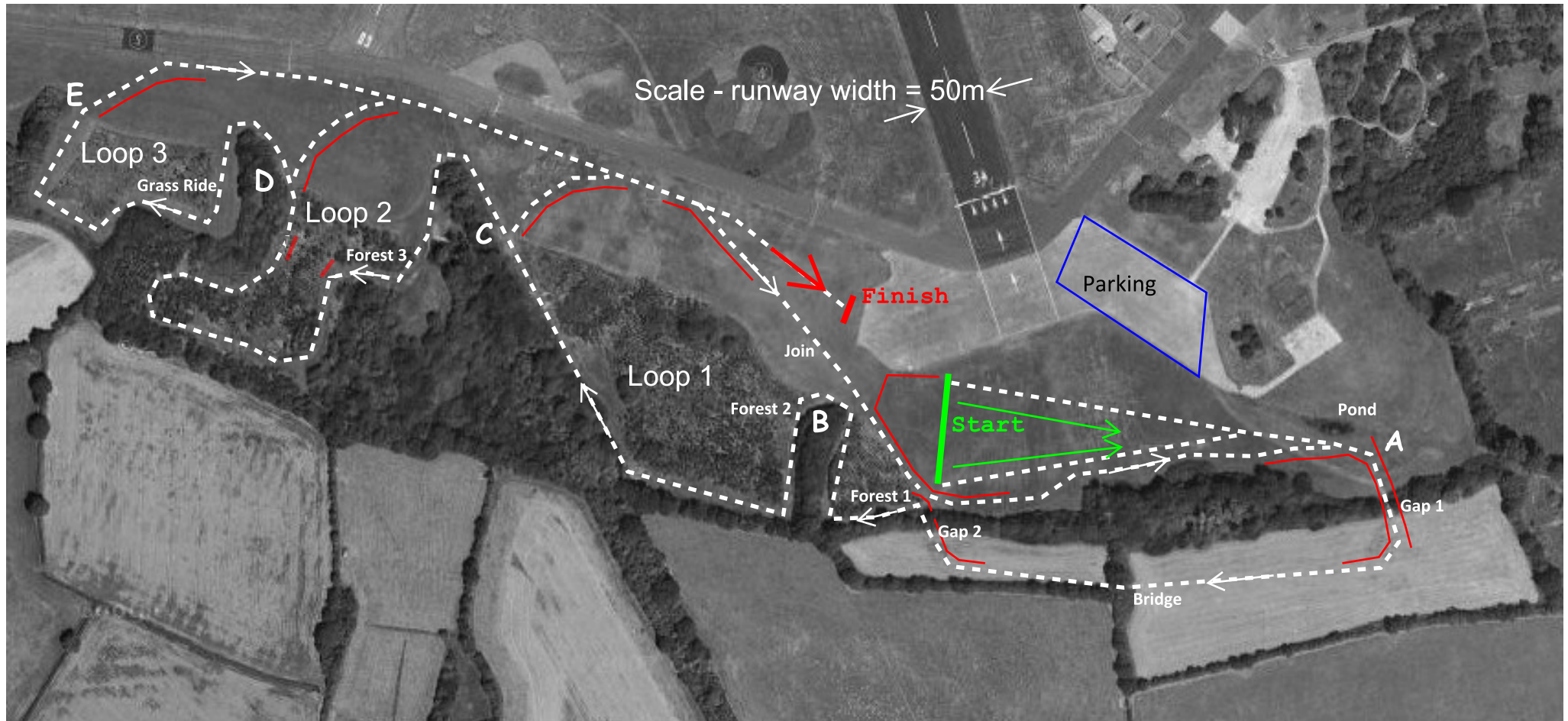


# RNAS Merryfield - course layout for **England Athletics South-West Region Cross-Country Championships** Sunday 2nd January 2022

The loops are 'taped' by the hedge lines surrounding fields or within wooded areas. Thus minimal actual tape is needed but suggested is in red to designate corners.



## Approximate Distances:

Start - A - B - C - Finish = Loop 1 = 1850m  
 Start - A - B - C - D - Finish = Loop 2 = 2750m  
 Start - A - B - C - D - E - Finish = Loop 3 = 3400m  
 Finish - Start = join = 150m

## Races Distances:

under 11 = Loop 1 = 1850m  
 under 13 = Loop 2 = 2750m  
 under 15 = Loop 3 = 3400m  
 under 17 = Loop 1 + join + Loop 2 = 4750m  
 Seniors = Loop 3 + join + Loop 3 = 6950m