

HILLINGDON
ATHLETIC CLUB

TIMETABLE			
11:10	U11 Boys	2km	1x Blue
11:20	U11 Girls	2km	1x Blue
11:30	U13 Boys	3km	1x Yellow
11:35	U13 Girls	3km	1x Yellow
11:50	U15 Boys	4km	1x Red
12:00	U15 Girls	4km	1x Red
12:25	U17+U20 Men	6km	2x Yellow
12:35	U17+U20 Women	6km	2x Yellow
13:00	Senior Women	8km	2x Red
13:45	Senior Men	12km	3x Red

