



British Night Championships
Saturday 22nd February 2020



| Course | Age Classes | | | | Length / km | Climb / m | Controls |
|----------|----------------------|----------------------|----------------------|------------------------------|----------------|--------------|----------|
| | M | | W | | | | |
| | L | S | L | S | | | |
| 1 | M21L | | | | 12.0 | 400 | 25 |
| 2 | M20L M35L M40L | | | | 9.9 | 345 | 20 |
| 3 | M18L M45L M50L | M21S | W21L | | 8.4 | 300 | 18 |
| 4 | M16 M55L M60L | M20S M35S M40S | W20L W35L W40L | | 6.8 | 260 | 16 |
| 5 | M65L | M18S M45S M50S | W18L W45L W50L | W21S | 5.8 | 210 | 15 |
| 6 | M70L | M55S M60S | W55L W60L W16 | W20S W35S W40S | 4.6 | 140 | 14 |
| 7 | M75L | M65S | W65L W70L | W18S W45S W50S | 3.8 | 110 | 11 |
| 8 | M80 M85 | M70S M75S | W75 W80 W85 | W55S W60S W65S W70S | 3.5 | 115 | 11 |

Control Descriptions printed on the map.
 Loose control descriptions on waterproof paper will be available in the start lanes.
 All courses use IOF symbols.