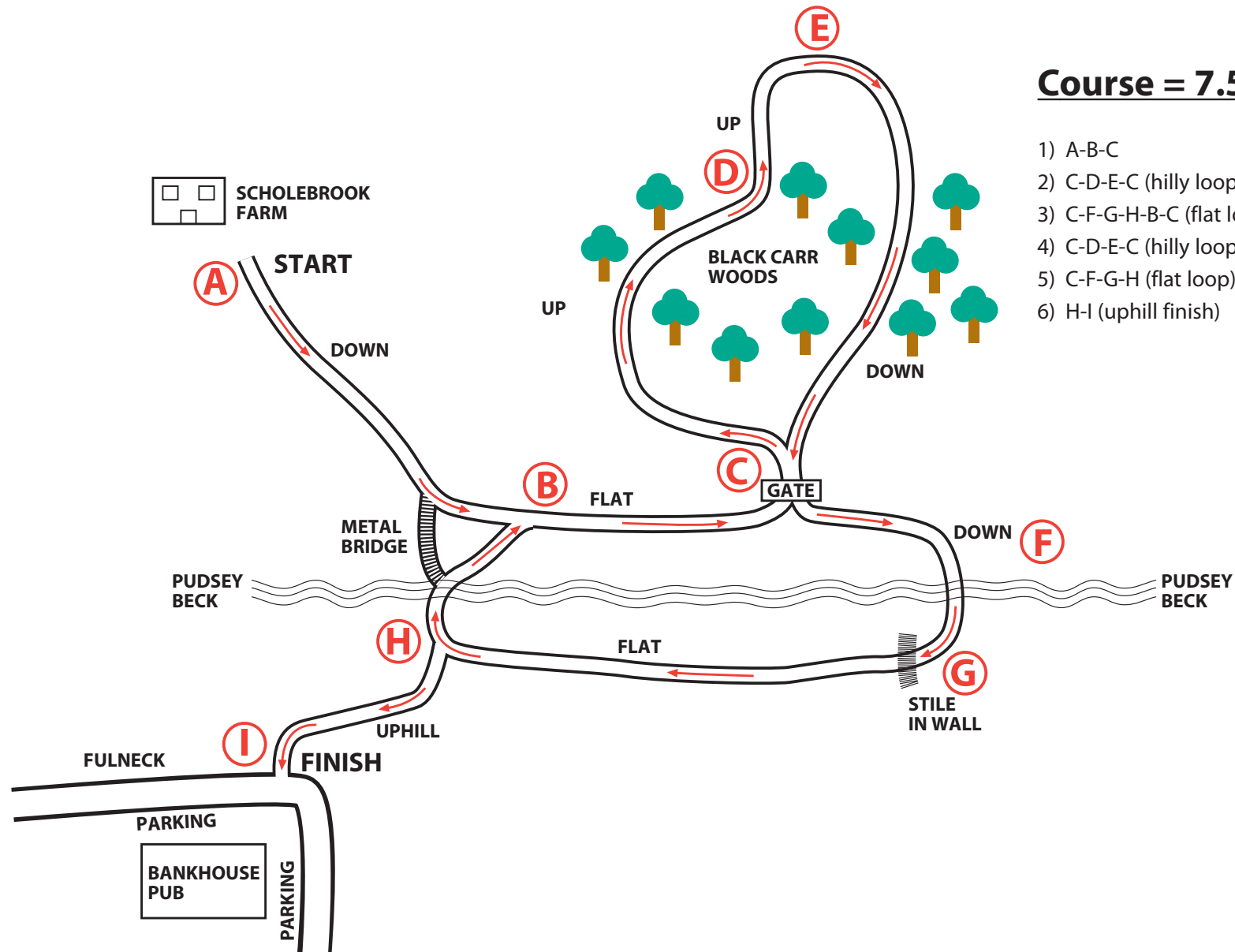




West Yorkshire Winter League

Pudsey



Course = 7.5km (4.6 miles)

- 1) A-B-C = 950m
- 2) C-D-E-C (hilly loop) = 1980m
- 3) C-F-G-H-B-C (flat loop) = 1320m
- 4) C-D-E-C (hilly loop) = 1980m
- 5) C-F-G-H (flat loop) = 840m
- 6) H-I (uphill finish) = 410m