

SANDBANKS X-COUNTRY COURSE

POOLE INNER HARBOUR



START at **A** - FINISH at **M** Y5 and Y6 Course 1.6km= **ABCDEFGHIJKLM** Y7 and Y8 Course 2.1km= **ABCD + ABCDEFGHIJKLM**

Y9 AND Y10 2.5km = **ABCDEFGHIJKL + FGHIJKLM**

Y11 to Y13 3.2 km = **ABCDEFGHIJKLM + ABCDEFGHIJKLM**