

Cross Country Programme

Event	Time	Category	Distance
1	11:50	Boys & Girls 7 & 8yrs	1km – 1 lap of 1km
2	12:00	Boys & Girls 9 & 10yrs	2km – 1 lap of 2km
3	12:20	Boys & Girls 11yrs and 12yrs Girls 13yrs	3km – 1 lap of 1km Plus 1 lap of 2km
4	12:45	Boys 13, 14 & 15yrs Open Men & Women	4km – 2 laps of 2km
5	13:15	Girls 14 & 15yrs ; Youth Women (16 & 17) Master Women 30+	4km – 2 laps of 2km
6	13:50	Youth Men (16 & 17) ; Grand Master Men 60+ Women 18 & 19yrs	6km – 3 laps of 2km
7	14:30	Junior Men 18 & 19yrs Senior Women Master Men 30+	8km – 4 laps of 2km
8	15:15	Open Men & Women	10km – 5 laps of 2km