



| Time | Race Age Group | Laps | Distance |
|-------|------------------------|----------------------------|----------|
| 11:30 | Under 11 Girls | 1 x Small Lap | 1,250 m |
| 11:40 | Under 11 Boys | 1 x Small Lap | 1,250 m |
| 11:50 | Under 13 Girls | 1 x Medium Lap | 2,780 m |
| 12:05 | Under 13 Boys | 1 x Medium Lap | 2,780 m |
| 12:20 | Under 17 Men | 2 x Medium Lap | 5,560 m |
| 12:45 | Under 17/20 Women | 1 x Small Lap, 1 x Big Lap | 4,450 m |
| 13:10 | Under 15 Girls | 1 x Big Lap | 3,200 m |
| 13:25 | Under 15 Boys | 1 x Big Lap | 3,200 m |
| 13:40 | Senior Women & Masters | 2 x Big Lap | 6,400 m |
| 14:25 | Under 20 Men | 2 x Big Lap | 6,400 m |
| 14:50 | Senior Men & Masters | 3 x Big Lap | 9,600 m |



BRITISH ATHLETICS
CROSS CHALLENGE