

West Yorkshire Cross Country League

Thornes Park, Wakefield

Hosted by Wakefield District Harriers & AC



S = Start, F = Finish

Small Lap (S, A, B, C, F) Approx 1450 m
Large Lap (S, A, B, C, D, E, F) Approx 2150 m

| Race | Route | Approx Distance | Start Time |
|------------|------------------------|-----------------|------------|
| U11 Boys | 1 Small Lap | 1450 m | 11:45 |
| U11 Girls | 1 Small Lap | 1450 m | |
| U13 Girls | 2 Small Laps | 2900 m | |
| U13 Boys | 2 Small Laps | 2900 m | |
| U15 Girls | 1 Small + 1 Large Lap | 3600 m | |
| U15 Boys | 2 Large Laps | 4300 m | |
| U17 Ladies | 2 Large Laps | 4300 m | |
| U17 Men | 1 Small + 2 Large Laps | 5750 m | |
| Sen Ladies | 1 Small + 2 Large Laps | 5750 m | 13:45 |
| Sen Men | 1 Small + 4 Large Laps | 10000 m | 14:15 |

**All competitors & spectators should park in the old college car park at the top of the drive, adjacent to the course. DO NOT PARK ON THE DRIVE!
Use the Horbury Road A642 entrance to Thornes Park, WF2 8TY**

**Please note Thornes Park Stadium is closed at the weekends, so there will be
no showers or changing rooms available, and no refreshments on sale.**