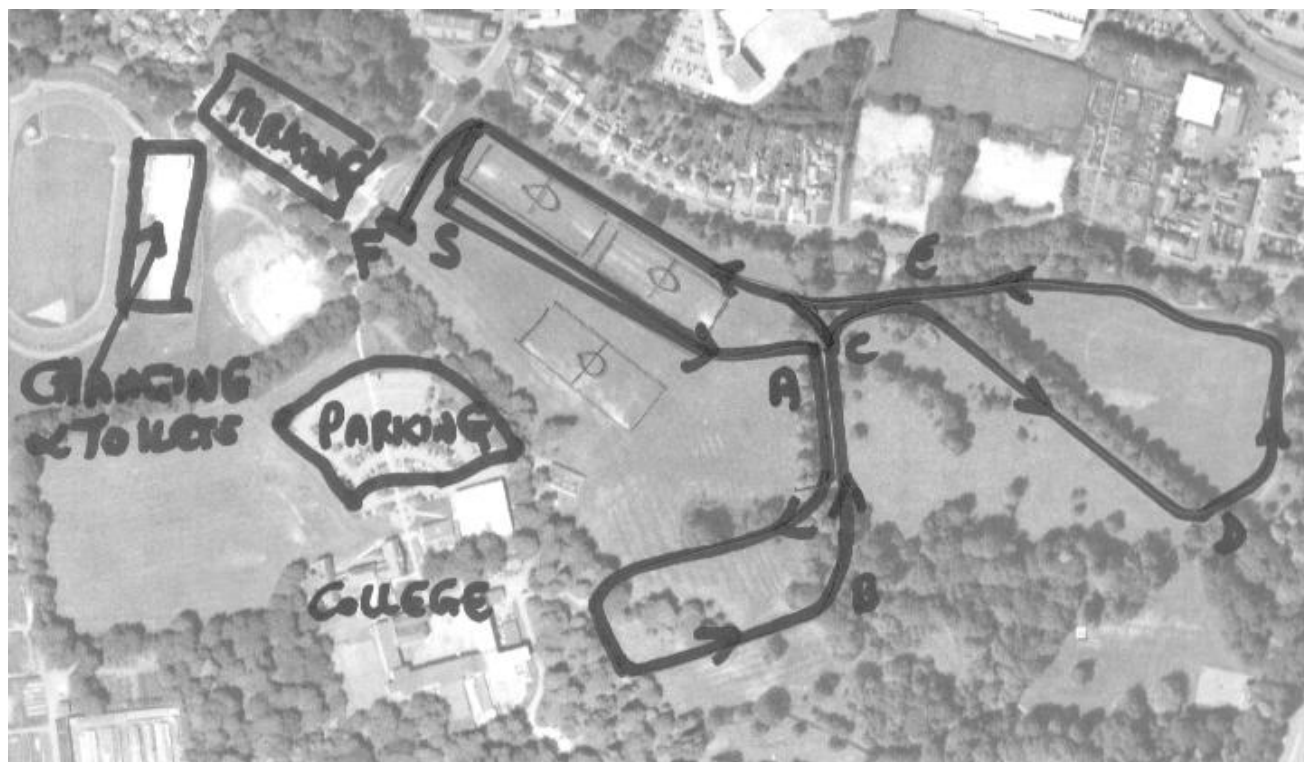


West Yorkshire Cross Country League

Thornes Park, Wakefield

Race Headquarters at Thornes Park Athletics Stadium

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	11:47 (2 min after U11B)
U13 Girls	2 Small Laps	2900 m	12:00
U13 Boys	2 Small Laps	2900 m	12:10
U15 Girls	1 Small + 1 Large Lap	3600 m	12:25
U15 Boys	2 Large Laps	4300 m	12:40
U17 Ladies	2 Large Laps	4300 m	12:42 (2 min after U15B)
U17 Men	1 Small + 2 Large Laps	5750 m	13:10
Sen Ladies	1 Small + 2 Large Laps	5750 m	13:45
Sen Men	1 Small + 4 Large Laps	10000 m	14:15