

2026 Club Cross Country Champs

Timetable:

12:00pm	Course Set Up	
1:30pm	Announcements	
2:00pm	Under 10 & Under 12	1 lap = 1.5k
	Under 7 (~400m, will start after the U10/U12)	400m
2:20pm	Under 14 & Under 16	2 laps = 3k
	Walkers	2 laps = 3k
	Under 18 & Under 20	3 laps = 4.5k
	Senior/Masters Men Senior/Masters Women	4 laps = 6k

Course

1 lap is 1.5k, to be run in an anticlockwise direction.

