

**West Yorkshire Cross-Country League – Keighley – Cliffe Castle – Course Map**



Small lap	A-B-C-D – Approx. 800m
Large lap	A-B-C-D-E-F-G-H-I-J – Approx. 1,600m
Finish Lap	A-B-C – Approx. 500m

Age Group	Route	Approx. Dist	Start Time	Description
U11 Boys	2 Small laps	1,600m	11.45	A-B-C-D- A-B-C-Finish
U11 Girls	2 Small laps	1,600m	11.47	A-B-C-D- A-B-C-Finish
U13 Girls	1 Small , 1 Large lap	2,900m	12.00	A-B-C-D - A-B-C-D-E-F-G-H-I-J-A-B-C-Finish
U13 Boys	1 Small , 1 Large lap	2,900m	12.10	A-B-C-D - A-B-C-D-E-F-G-H-I-J-A-B-C-Finish
U15 Girls	2 Large laps	3,700m	12.25	A-B-C-D-E-F-G-H-I-J - A-B-C-D-E-F-G-H-I-J-ABC-Finish
U15 Boys	1 Small, 2 Large laps	4,500m	12.40	A-B-C-D A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-IJ-A-B-C-Finish
U17 Girls	1 Small, 2 Large laps	4,500m	12.42	A-B-C-D A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-IJ-A-B-C-Finish
U17 Boys	3 Large laps	5,300m	13.10	A-B-C-D-E-F-G-H-I-J-A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-I-J-A-B-C-Finish
Senior/Junior Ladies	3 Large laps	5,300m	13.45	A-B-C-D-E-F-G-H-I-J-A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-I-J-A-B-C-Finish
Senior/Junior Men	1 Small,4 Large laps	7,700m	2.15	A-B-C-D-A-B-C-D-E-F-G-H-I-J -A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-I-J- A-B-C-D-E-F-G-H-I-J-A-B-C- Finish