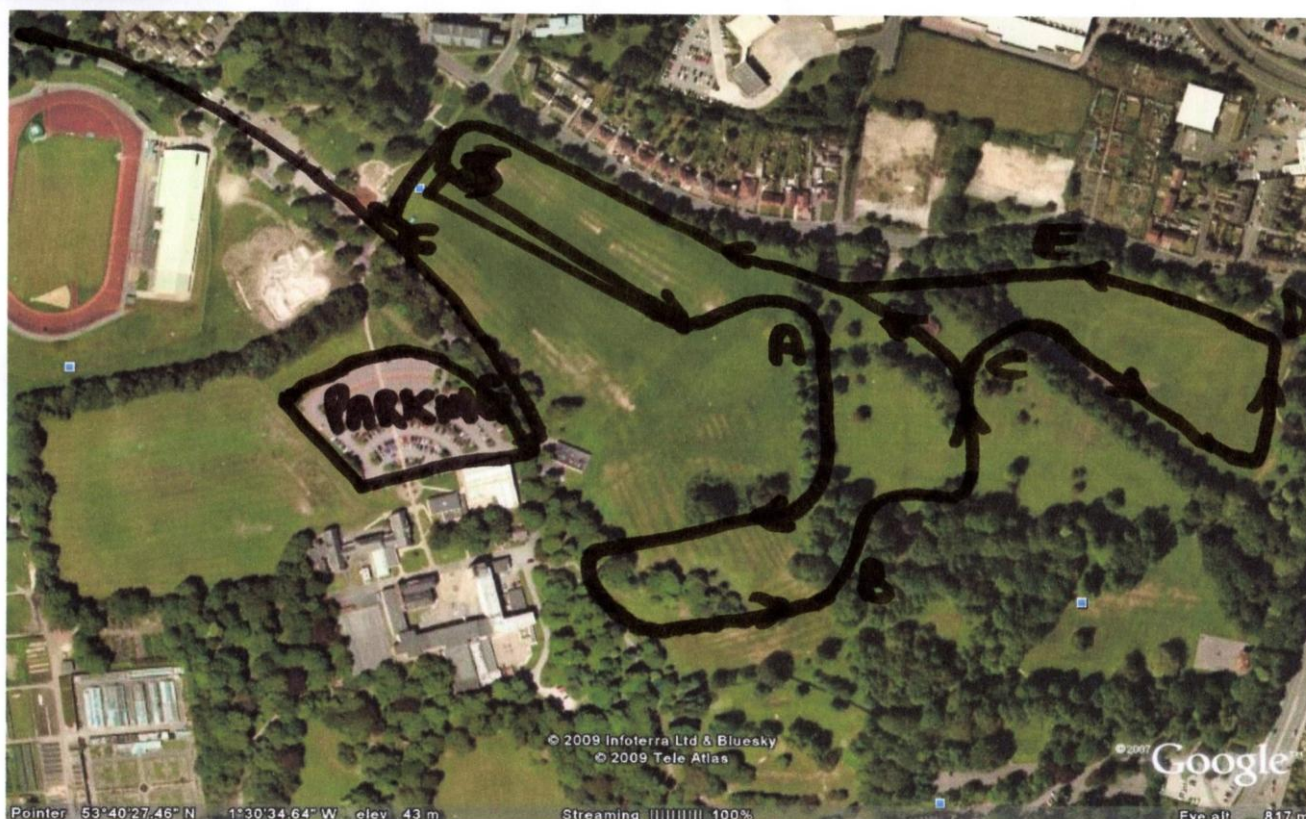


West Yorkshire Cross Country League

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	11:50
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	12:45
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

**Please note All competitors & spectators should park in the 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**