

SOUTH YORKSHIRE CROSS COUNTRY CHAMPIONSHIPS 08/12/19

PENISTONE SHOW FIELD

Event No	Event	Start Time	Start Point	Route	Description	Distance m
1	Senior and Vet Men	11:00	C	C-F-A-B (x1) B-C-D-E-F-G-A-B (x4)	1 small lap 4 large laps	9900
	U/17 Men		C	C-F-A-B (x1) B-C-D-E-F-G-A-B (x2) B-C-F-G-A-B (x1)	1 small lap 2 large laps 1 medium lap	6700
2	Senior and Vet Women & V65 Men	11:45 approx	C	C-F-G-A-B (x1) B-C-D-E-F-G-A-B (x2)	1 medium lap 2 large laps	6300
	U/17 Women		C	C-F-G-A-B (x1) B-C-D-E-F-G-A-B (x1)	1 medium lap 1 large lap	3900
3	U/15 Boys	12:15 approx	C	C-F-G-A-B (x1) B-C-D-E-F-G-A-B (x1)	1 medium lap 1 large lap	3900
4	U/11 Girls	12.30 approx	C	C-F-G-A-B (x1)	1 medium lap	1500
5	U/11 Boys	12:35 approx	C	C-F-G-A-B (x1)	1 medium lap	1500
6	U/13 Girls	12:40 approx	C	C-F-G-A-B (x2)	2 medium lap	3100
7	U/15 Girls	12:50 approx	C	C-F-G-A-B (x2)	2 medium lap	3100
108	U/13 Boys	13.00 approx	C	C-F-A-B-C (x1) C-F-G-A-B (x2)	1 small lap 2 medium lap	3500

Small (C-F-A-B-C) 400m

Medium (C-F-G-A-B) 1500m

Large (B-C-D-E-F-G-A-B) 2400m

A to B 100m