

Witham Way Country Park Cross Country

20th November 2022



Time	Age group	Distance	Route
10.50am	U11 boys & girls	1682m	1 small lap
11.00am	Junior, Senior & Veteran men	9972m	4 large laps
11.35am	U13 boys & girls	3364m	2 small laps
11.45am	U15 boys & girls and U17 women	4175m	1 small + 1 large lap
12.05pm	Junior, Senior & Veteran women and U17 men	5857m	2 small + 1 large lap