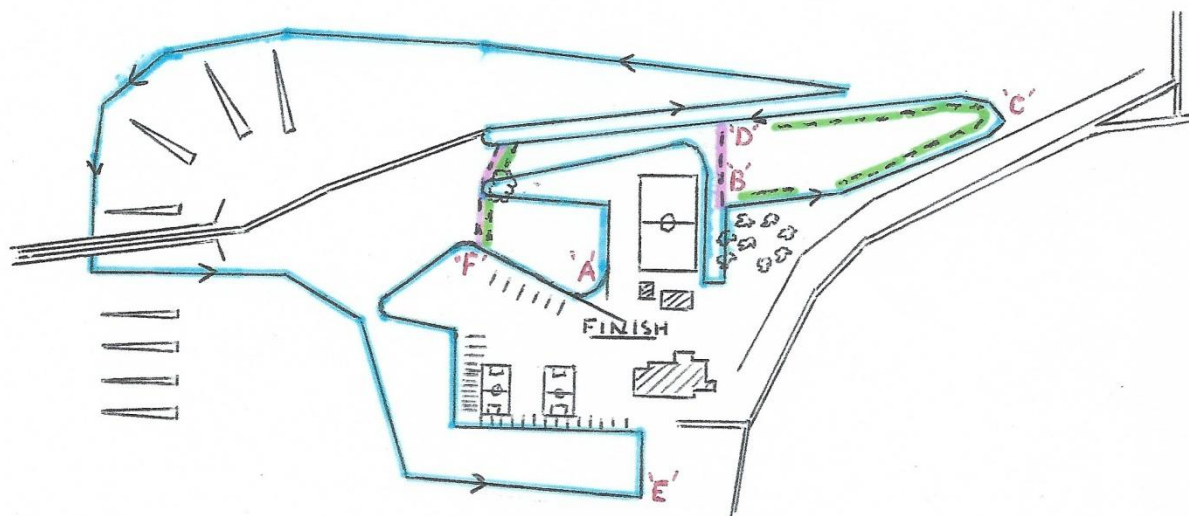


LOFTUS + WHITBY A/C  
CROSS COUNTRY

6<sup>th</sup> Form – Caedmon College,  
Prospect Hill, Whitby. YO21 1LA



LARGE LAP	A B C D E F	<span style="color: blue;">———</span>
MEDIUM LAP	A B C D F	<span style="color: green;">———</span>
SMALL LAP	A B D F	<span style="color: purple;">———</span>

**Timetable**

11:00 Under 11 BOYS & GIRLS	1.7K 2 x Small Laps
11:15 Under 13 BOYS & GIRLS	3.1K 1 x Large Lap
11:35 Under 15 BOYS & GIRLS	4.2K 1 x Medium + 1 x Large Laps
12:00 U17/U20/Senior/Vet Ladies + Under 17 Men/Over 65 Vet men	6.2K 2 x Large Laps
12:30 Under 20/Senior/Vet Men	9.3K 3 x Large Laps

**Please note**

Part of the Old railway track is now tarmac, so it is recommended spikes to be no longer than 6mm.

No dogs are allowed on the school fields.

No smoking or vaping on the school fields or in the cafe/toilets