

Surrey County Cross-Country Championships

Saturday, 5th January, 2019

Lloyd Park, Croydon

[map V 14Dec2018]



Emergency access gate
CRO 5JP
Deepdene Av

Emergency access gate
CRO 5TG
Mapledale Av

Emergency access gate
CRO 5HP
Oaks Lane

Pond



Cut across for Races 1-3
U13 Boys / U13 Girls and
U17/U20 Men

Cut across for Race 7
U17/U20 Women only

Start & Finish

Start & Finish Access
CRO 5RB

- 10.30 U13 Boys: One medium lap 3km
- 10.50 U13 Girls: One medium lap 3km
- 11.15 U17/U20 Men: Two medium laps 6km
- 11.45 Senior Women: Two complete large laps 8km
- 12.40 U15 Boys: One complete Large lap 4km
- 13.00 U15 Girls: One complete Large lap 4km
- 13.20 U17/U20 Women: One small lap + one large lap 5.7km
- 13.45 Senior Men: Three complete large laps 12km

Large Lap - All numbered points 1 to 19 (4km)
 Medium Lap - to 9 cut to 14 and follow large lap to end (3km)
 Small Lap - to 7 and cut to 18 (1.7km)