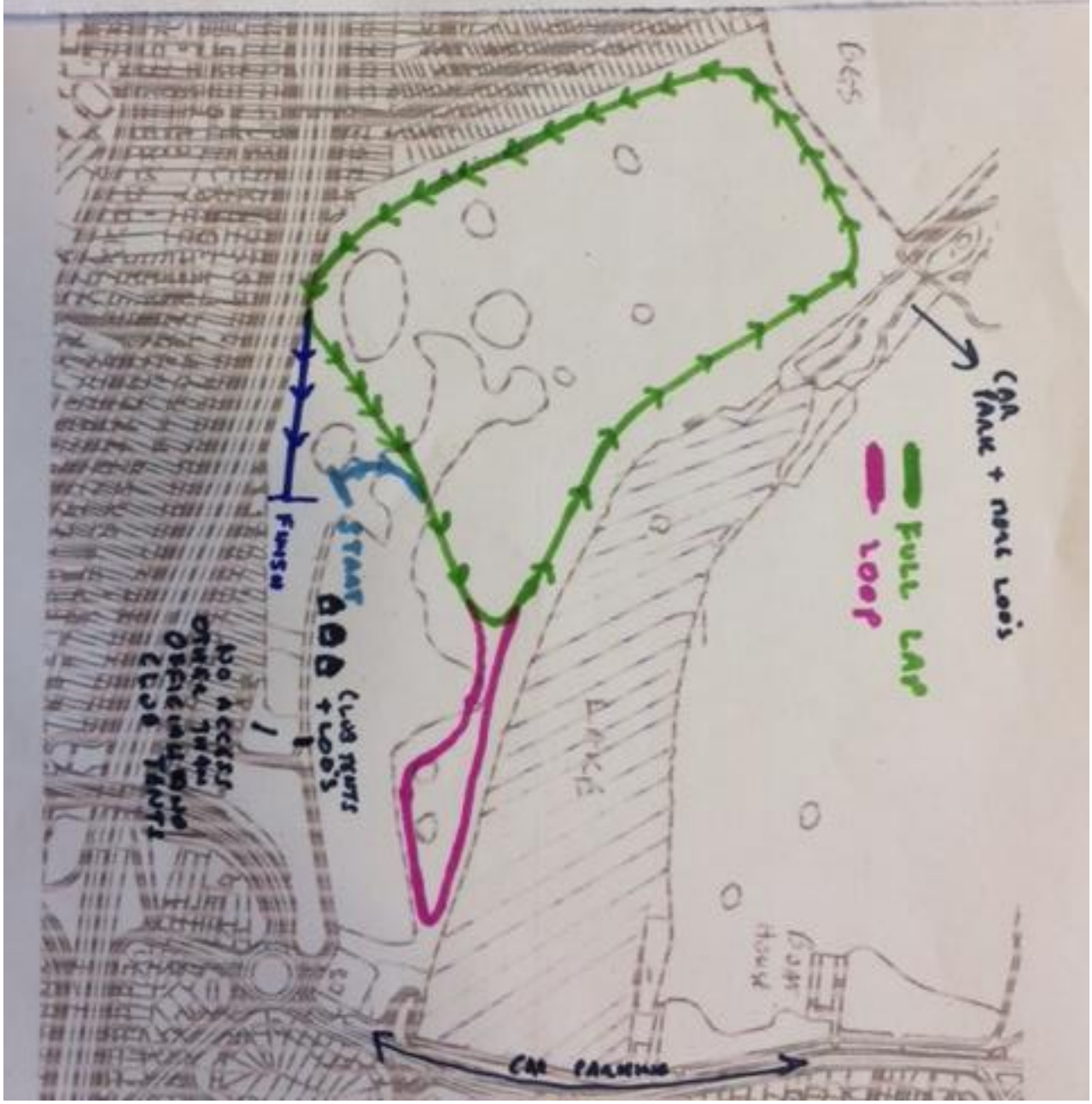
Race Schedule Danson Park, Kent Cross Country League

U13 Girls	12.00	2500m	1 lap plus 2 loops
U13 Boys	12.20	3000m	2 laps
U15 girls	12.40	3000m	2 laps
U15 Boys	13.00	4000m	2 laps plus 2 loops
U17 & U20 Women	13.20	3500m	2 laps plus 1 loop
U17 & U20 Men	13.40	5000m	3 laps plus 1 extra loop
Senior Women	14.00	5000m	3 laps plus 1 extra loop

(The course is quite basic, 1 lap is 1500m and loop is 500m. The loop is used to make up the course to the required distance, wear and tear on usually ~~on~~ corners is be avoided where possible, so please move course markers if this becomes an issue)