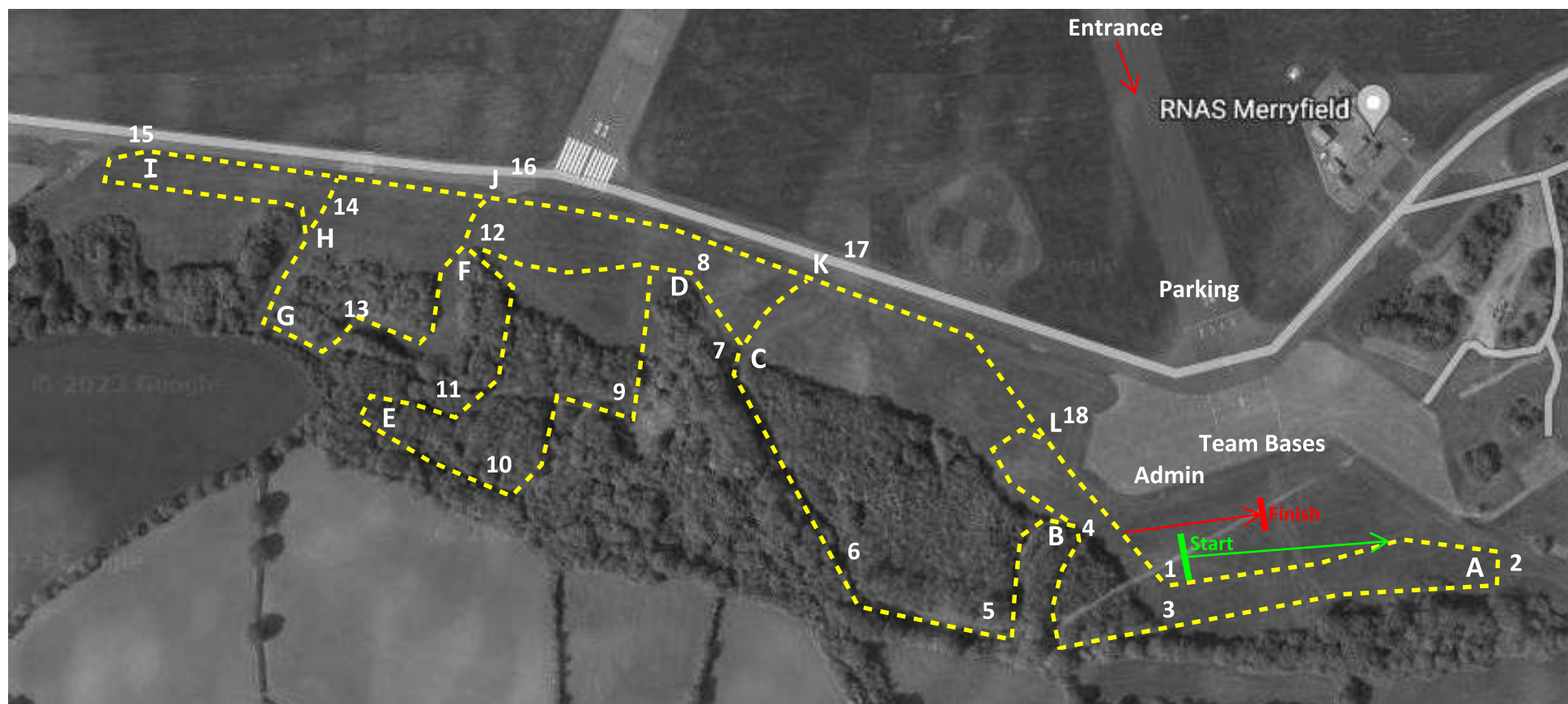


RNAS Merryfield - course layout for England Athletics South-West Region Cross-Country Championships

Saturday 3rd January 2026

First Race 11.00

The course is 'taped' at intersections and also by the hedge lines surrounding fields or within wooded areas. Thus minimal actual tape is needed.



Race Times & Approximate Race Distances:

11.00 under 11 = Start A B **C K** L Finish = 1900m

11.10 Senior Women = Start (A B C D E F G H I J K L) X2 Finish = 7130m

11.45 Senior Men = Start (A B C D E F G H I J K L) X2 Finish = 7130m

12.25 under 13 Girls = Start A B C D E **F J** K L Finish = 2790m

12.40 under 13 Boys = Start A B C D E **F J** K L Finish = 2790m

12.48 under 17 Women = Start (A B C **D F J** K L) x2 Finish = 4400m

13.09 under 17 Men = Start A B C **D F J** K L + A B C D E F G **H J** K L Finish = 5400m

13.32 under 15 Girls = Start A B C D E F G **H J** K L Finish = 3200m

13.44 under 15 Boys = Start A B C D E F G **H J** K L Finish = 3200m