

Kent Schools Cross Country

Sat 16th Jan. 2010

Event	Time	Course	Distance
Year 7 Girls	10.30	ABCDEF	2450 Metres
Year 7 Boys	10.50	AF ABCDEF	3060 Metres
Jun. Girls (Yr8/9)	11.10	AF ABCDEF	3060 Metres
Inter Boys (Yr10/11)	11.30	AF ABCDEF ABCDEF	5550 Metres
Jun. Boys (Yr8/9)	12.05	ACDF ACDF	3800 Metres
Inter/Sen. Girls (Yr10+)	12.30	ACDF ACDF	3800 Metres
Sen. Boys (Yr12/13)	12.50	ABDEF ABDEF ABCDEF	6870 Metres.

The courses are all on grass, and so very suitable for spikes. There are a couple of steep banks on each of the laps. One on the wooded slope “down” between B and C/D, and another towards the end of the lap “up” around point E. The main playing fields can get quite heavy, but the field with “long grass”, and the field with trees after point D should remain fairly easy going.