

UK Cross Challenge 2024 – Liverpool

Race Timetable

Race 1	10.30hrs 1.5km	Senior Men (Short Course – European Trial) One reduced short lap plus start and finish straights
Race 2	10.35hrs 1.5km	Senior Women (Short Course – European Trial) One reduced short lap plus start and finish straights
Race 3	10.45hrs 2km	U11 Boys One short lap plus start and finish straights
Race 4	10.55hrs 2km	U11 Girls One short lap plus start and finish straights
Race 5	11.05hrs 3km	U13 Girls One long lap plus start and finish straights
Race 6	11.20hrs 3km	U13 Boys One long lap plus start and finish straights
Race 7	11.35hrs 3km	U15 Boys One long lap plus start and finish straights
Race 8	11.50hrs 3km	U15 Girls One long lap plus start and finish straights
Race 9	12.05hrs 4.4km	U17W / World Athletics Junior Women (U20 – 31.12.24) One short lap and one long lap plus start and finish straights
Race 10	12.25hrs 4.4km	U17 Men / World Athletics Junior Men (U20 – 31.12.24) One short lap and one long lap plus start and finish straights
Race 11	12.45hrs 8.0km (SW) 5.6km (U23)	Senior Women (inc U23 European Women’s Trial) Three long laps (For Senior Women) plus start and finish straights Two long laps (For U23W) plus start and finish straights
Race 12	13.50hrs 8.0km (SM) 5.6km (U23)	Senior Men (inc U23 European Men’s Trial) Three long laps (For Senior Men) plus start and finish straights Two long laps (For U23W) plus start and finish straights