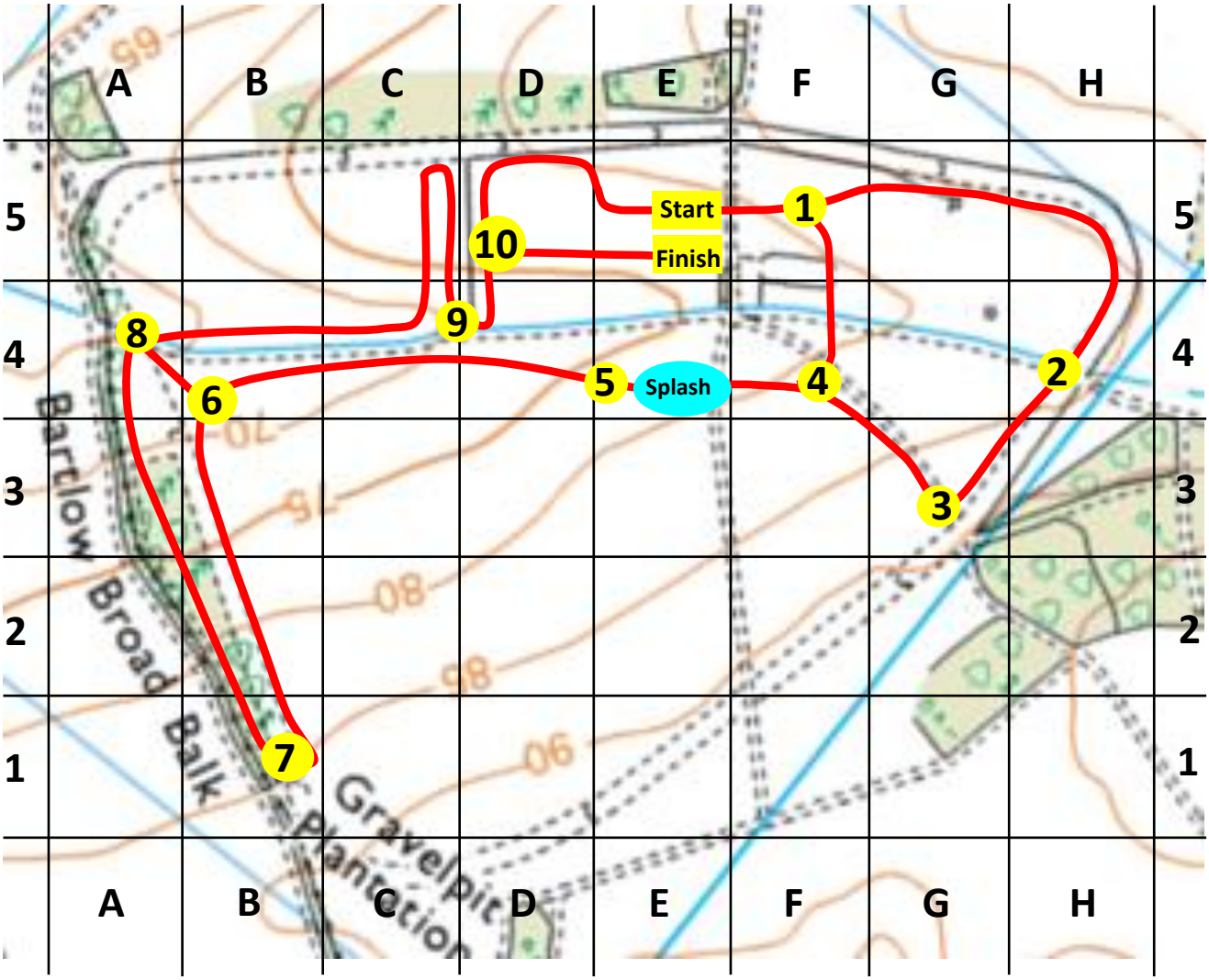
Eastern Athletics XC Championships 2026 - Course map



1.	10.30	2K U12 Girls & Boys	Start to 1,4,5,6,8,9,10 to Finish
2.	10.45	3K U14 Girls & Boys	Start to 1,2,3,4,5,6,8,9,10 to Finish
3.	11.00	4K U16 Girls & Boys	Start to 1,4,5,6,8,9,10 - 1,4,5,6,8,9,10 to Finish
4.	11.25	6K U18 Girls & Boys, U20 Women	Start to 1,2,3,4,5,6,8,9,10 - 1,2,3,4,5,6,8,9,10 to Finish

5. 13.00 10K Senior Men

   Start to 1,4,5,6,8,9,10 – 1,2,3,4,5,6,7,8,9,10 – 1,2,3,4,5,6,7,8,9,10 to Finish

6. 13.05 8K Senior Women, U20 Men and V60+ Men

   Start to 1,2,3,4,5,6,7,8,9,10 - 1,2,3,4,5,6,7,8,9,10 to Finish