

2026 SIAB CROSS COUNTRY INTERNATIONAL inc British Masters Championships

Saturday 21st March



Course Laps

| | |
|----------------------|--------|
| Start & Finish: | 160m |
| Re-Lap | 40m |
| Small Lap: A,C,D,E | 800m |
| Large Lap: A,B,C,D,E | 1,500m |

| Time | Race | Distance |
|-------|---|------------------------------|
| 10:30 | Primary Girls (1 x Large Lap) | 1,660m |
| 10:45 | Primary Boys (1 x Large Lap) | 1,660m |
| 11:00 | Junior Girls (2 x Large Lap) | 3,200m |
| 11:20 | Junior Boys (1 x Small Lap, 2 x Large Lap) | 4,040m |
| 11:45 | Middle Girls (1 x Small Lap, 2 x Large Lap) | 4,040m |
| 12:15 | Middle Boys (4 x Large Lap) | 6,280m |
| 13:00 | Junior Girls & Boys Mixed Relay (4 x Large Lap) | 4 x 1500m (2 Girls & 2 Boys) |
| 13:25 | Middle Girls & Boys Mixed Relay (4 x Large Lap) | 4 x 1500m (2 Girls & 2 Boys) |
| 13:55 | Master Women UK Championships (4 x Large Laps) | 6,280m |
| 14:45 | Master Men UK Championships (5 x Large Laps) | 7,820m |

