

Liverpool UK Cross Challenge 28 November 2026

Race Timetable

Race 1	10:00	Under 12 Boys including Merseyside Schools Inter District Championship (1 short lap plus start and finish straights)	2 km
Race 2	10:10	Under 12 Girls including Merseyside Schools Inter District Championship (1 short lap plus start and finish straights)	2 km
Race 3	10:20	Under 14 Girls and Under 14 Boys (1 long lap plus start and finish straights)	3 km
Race 4	10:40	Under 16 Girls and Under 16 Boys (1 long lap plus start and finish straights)	3 km
Race 5	10:58	Senior Women British Cross Challenge Short Course (European Trial)	1.6km
Race 6	11:00	Senior Women UK Cross Challenge (incl U23 Women's European Trial). (3 long laps for Senior Women, plus start and finish straights). (2 long laps for U23 Women, plus start and finish straights)	8.0 km 5.6 km U23
Race 7	11:38	Senior Women British Cross Challenge Short Course (European Trial)	1.6km
Race 8	11:40	Senior Men UK Cross Challenge (incl U23 Men's European Trial) (3 long laps for Senior Men, plus start and finish straights. (2 Long Laps for U23 Men, plus start and finish startiahts)	8.0 km 5.6 km U23
Race 9	12:20	Under 18 Women & World Athletics Junior Women (U20 on 31.12.2026) (1 short lap and 1 long lap, plus start and finish straights)	4.4 km
Race 10	12:40	Under 18 Men & World Athletics Junior Men (U20 on 31.12.2026) (1 short lap and 1 long lap, plus start and finish straights)	4.4 km
Race 11	13:00	Senior Women - Liverpool & Dist, Mid Lanc's, Manchester Area & Red Rose Cross Country Leagues. (3 long laps, plus start and finish straights)	8.0 km
Race 12	14:05	Senior Men - Liverpool & Dist, Mid Lanc's, Manchester Area & Red Rose Cross Country Leagues. (3 long laps plus start and finish straights)	8.0 km

