



**Northumberland Schools' Athletic Association
Cross Country Championships – Tuesday 20 January 2026
Temple Park Centre, South Shields. NE34 8QN**



12:00 Minor Boys

1 Large Lap

Start - A-B-C-D-E - Finish

12:10 Senior Boys

2 Small Laps + 1 Large Lap

Start - A-B-C-D-E-A-B-C-D-E-A
B-C-D-E- Finish

12:15 Minor Girls

1 Large Lap

Start - A-B-C-D-E - Finish

12:35 Junior Girls

1 Large Lap

Start - A-B-C-D-E - Finish

12:50 Junior Boys

1 Small Lap + 1 Large Lap

Start - A-B-C-D-E-A-B-C-D-E- Finish

13:00 Inter & Senior Girls

1 Small Lap + 1 Large Lap

Start - A-B-C-D-E-A-B-C-D-E- Finish

13:15 Inter Boys

1 Small Lap + 1 Large Lap

Start - A-B-C-D-E-A-B-C-D-E- Finish