

EAST DISTRICT LEAGUE XC
BEVERIDGE PARK, KIRKCALDY
KY2 5NE
SATURDAY 31st OCTOBER 2026

SHORT LAP START A-B-C-D-G-H- FINISH
LONG LAP START A-B-C-D-E-F-G-H- FINISH

TIME	RACE	COURSE	Metres
12.00	Under 12 Girls	1 Short Lap	1700
12.15	Under 12 Boys	1 Short Lap	1700
12.30	Under 14 Girls	1 Long Lap	2600
12.50	Under 14 Boys	1 Long Lap	2600
13.05	Under 18 Men	2 Long Laps	5200
13.10	Senior/Junior Women	2 Long Laps	5200
13.45	Under 16 Boys	1 Short + 1 Long Lap	4300
14.00	U16 Girls / U18 Women	1 Short + 1 Long Lap	4300
14.20	Senior /Junior Men	3 Long Laps	7800

