

Bupa Great Edinburgh X Country

<u>Time</u>	<u>Race Title (Provisional)</u>	<u>Race Distance</u>	<u>Race Duration</u>	<u>No of athletes</u>	<u>Laps</u>
10:00	Bupa Junior Great Winter Run	2.5km			
10:15	U13 Girls Inter District + U13 Boys Inter District	3km	11 – 15mins	90	3 x Short Laps
10:35	U15 Girls Inter District + U15 Boys Inter District	4km	15m30secs – 20mins	90	4 x Short Laps
10:45	Bupa Great Winter Run	5km			
11:05	Senior + Junior Women Inter District	6km	21mins – 26mins	60 x Senior	3 x Long Laps
11:35	Senior + Junior Men Inter District	8km	26mins – 32mins	60 x Senior	4 x Long Laps
12:10	Bupa Great Edinburgh X Country Junior Men's 6km* Inc. U17 ID	6km	19mins – 24m 30sec	18 x Junior 45 ID	3 x Long Laps
12:45	Bupa Great Edinburgh X Country Junior Women's 4km* Inc. U17 ID	4km	14mins – 19mins	18 x Junior 45 ID	2 x Long Laps
13:15	BBC ON AIR				
13:21	Bupa Great Edinburgh X Country Men's 4km**	4km	12mins – 14mins	10 - 15	2 x Long Laps
13:43	Bupa Great Edinburgh X Country Men's 8km**	8km	25m 30sec – 27mins	33	4 x Long Laps
14:15	Bupa Great Edinburgh X Country Women's 6km**	6km	20m 30sec – 23mins	33	3 x Long Laps
14:45	BBC OFF AIR				

*Recorded events **Live events