

More parking available at Haysden Country Park here (pay & display) & more toilets / cafe. Pedestrian access back to Vizards via gates.

# ESAA Cross Country Cup Course

Hosted by The Judd School at Vizards Sportsground (TN11 9BB)

**Wednesday 8 November 2023**

**14:00 Junior Girls**  
Start ACD ABC Finish  
"1 small lap, 1 big lap" 2300m

**14:20 Junior Boys**  
Start ABCD ABC Finish  
"2 big laps" 2800m

**14:40 Inter Girls**  
Start ABCD ABC Finish  
"2 big laps" 2800m

**15:00 Inter Boys**  
Start ABCD ABCD ABC Finish  
"3 big laps" 4250m

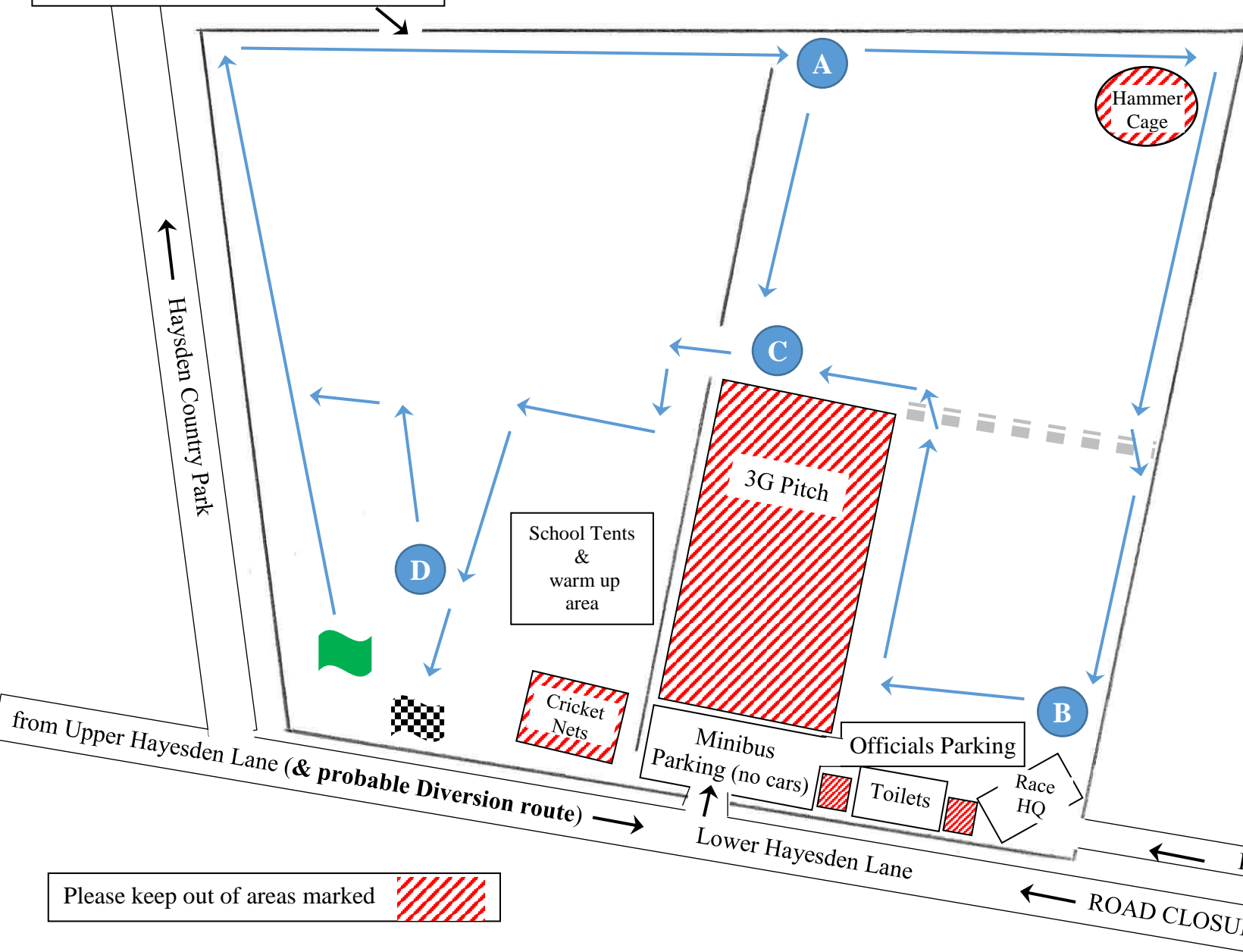
**15:20 Senior Girls**  
Start ACD ABCD ABC Finish  
"1 small lap, 2 big laps" 3500m


**15:40 Senior Boys**  
Start ACD ABCD ABCD ABC Finish  
"1 small lap, 3 big laps" 5100m

**START:** Race times are approximate, listen to announcements. A whistle will be sounded 5 and then 2 minutes before each race, at which time all athletes should be in their correct pens, ready to race. Races will start with a gun or horn.

**FINISH:** Athletes will be given a position token to be given to their team manager.

No parking on Lower Hayesden Lane.  
No dogs on School grounds.



Please keep out of areas marked 

ROAD CLOSURE LIKELY