

Northern Schools Inter County Cross-country Championships 2026

Akay Pavilion, Sedbergh School

Saturday 7th February 2026



Time	Races	Distance
10:30	Course open for inspection	
12:00	Course closed	
12:30	Minor Girls Race (Yr7)	2.8 km – 70m ascent (1 long lap)
12:45	Minor Boys Race (Yr7)	2.8 km – 70m ascent (1 long lap)
13:00	Junior Girls Race (Yr 8/9)	3.4 km – 62m ascent (2 medium laps)
13:20	Junior Boys Race (Yr 8/9)	3.4 km – 62m ascent (2 medium laps)
13:45	Intermediate Girls Race (Yr 10/11)	3.4 km – 62m ascent (2 medium laps)
14:00 <small>Before Girls finish</small>	Intermediate Boys Race (Yr 10/11)	4.5 km – 101m ascent (1 medium & 1 long lap)
14:30	Senior Girls Race (Yr 12/13)	4.5 km – 101m ascent (1 medium & 1 long lap)
14:45 <small>Before Girls finish</small>	Senior Boys Race (Yr 12/13)	6.2 km – 132m ascent (2 medium & 1 long laps)

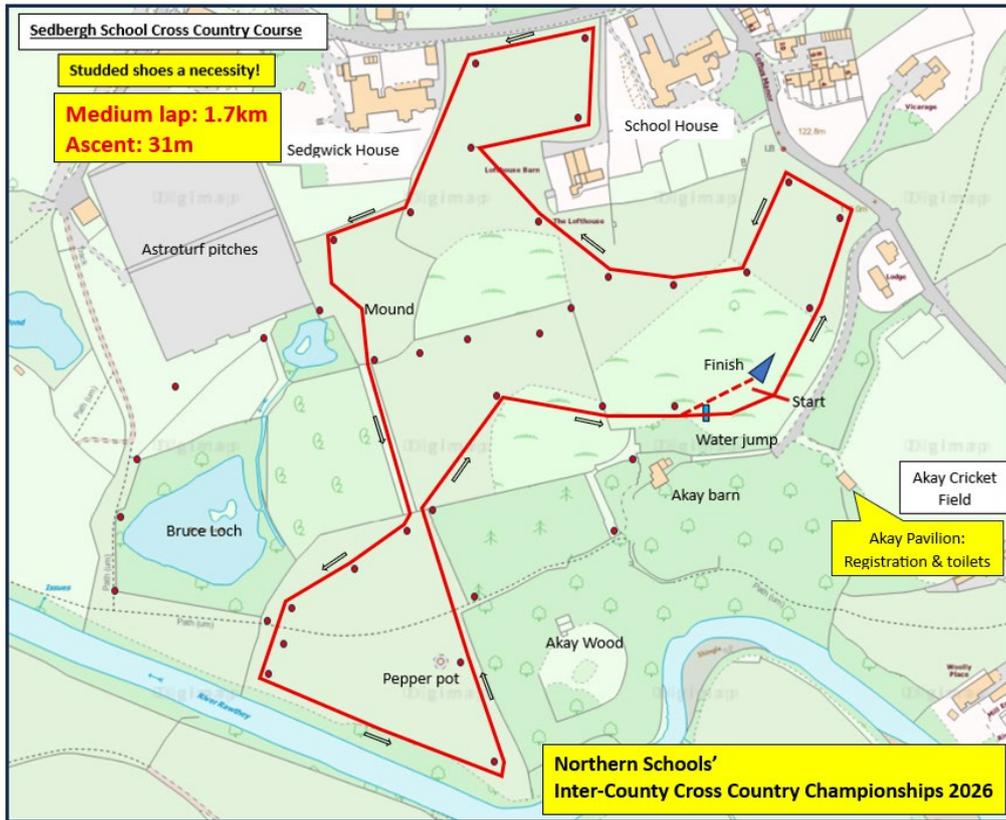
All race times are approximate

Please report for your race at least 5 mins before the start time.

Event Organiser: Richard Wells 07999 534155

Event Referee: John Driscoll 07974 015751

Sedbergh XC Course (Medium Lap 1.7km – 31m ascent)



Sedbergh XC Course (Long Lap 2.8km – 70m ascent)

