

**WESTMINSTER SCHOOLS COMPETITIONS**

 **CROSS COUNTRY COMPETITION**

**VENUE**: The Hub Regents Park **MEMBERS/TEAM**: 24

**DATE**: 2nd October 2025

**TIME**: 1:00pm – 3.00pm

**YEAR GROUP**: Year 7,8,9 &10/11

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**DESCRIPTION**

There will be four age groups throughout the day; year 7, 8, 9 & 10/11. Boys and girls from each year group will run together.

The distances that each year group will cover are:

* 1:15 Year 7 – 3km
* 1:40 Year 8/9 - 3km
* 2:00 Year 10/11 – 4km

Each school may enter 6 runners per race; a total of 24 runners. There will be individual winners for each race who will receive medals.

Each school will also run as a team with the top four runners scoring; four runners must complete the course in order to register points for the team event.

**Follow on Event**

There will be a follow in event for London Youth Game in November. Athletes will be selected from this event.