

2021 Canterbury Road Championships – 11/9/21 - Revised Programme under Covid-19 L2 “100” Gatherings rules

Arrival and Warm Up Time	Called to Information Tent	Start Time	Event	Distance	Entries plus support adults	Laps	Time allowed for Race & Exit
Arrive from 10.35am, go straight to Gear Drop Off and Course. Warm up on course.	Your Walks Information Tent will be at the start line and will have your second number etc. Called up to start line at 11.30am	Race 1 11.35am	U12 Boys & Girls Walk	2k	1	2 x 1k laps	80m & 5m
			U14 Boys & Girls Walk	3k	1	3 x 1k laps	
			U16 Boys & Girls Walk	5k	0	5 x 1k laps	
			U18 Men & Women Walk Non-Championship Walk		2 1		
			U20 Men & Women Walk Senior Men & Women Walk Masters Men & Women Walk	10k	0 2 1	10 x 1k laps	
			Wheelchair		1		
12.00pm to 12.45pm	12.50pm	Race 2 1.00pm	U18 Women U20 Women Masters Women Non-Championship Women	5k	9 4 12 3	1 x 1k lap, then 2 x 2k laps	35m & 5m
12.45pm to 1.25pm	1.30pm	Race 3 1.40pm	U/10 Boys & Girls	2k	29 plus 1 adult each	2 x 1k laps	10m & 5m
1.25pm to 1.40pm	1.45pm	Race 4 1.55pm	U/12 Boys & Girls	2k	46 plus 1 adult each	2 x 1k laps	10m & 5m
1.40pm to 1.55pm	2.00pm	Race 5 2.10pm	U/14 Boys	3k	24 plus 1 adult each	3 x 1k laps	15m & 5m
1.55pm to 2.15pm	2.20pm	Race 6 2.30pm	U/14 Girls U/16 Girls	3k	26 & 16 plus 1 adult each	3 x 1k laps	15m & 5m
2.15pm to 2.35pm	2.40pm	Race 7 2.50pm	U16 Boys	4k	22 plus 1 adult each	2 x 2k laps	50m & 5m
			U18 Men M80+ Men Non-Championship Men	6k	9 1 5	3 x 2k laps	
			U20 Men M65-79 Men	8k	9 14	4 x 2k laps	
2.35pm to 3.30pm	3.35pm	Race 8 3.45pm	Senior Women Senior Men MM35-64	10k	15 20 49	4 x 2.5k laps	50m & warm down on course & help pack up