



BISHOPS

PREP SCHOOL

INTERHOUSE CROSS COUNTRY

Monday, 31 August 2026

Marshals Brief: 11:00

Venue: Lutgensvale Field

Dress Code: House t-shirt, blue shorts,
trainers and white socks

Refreshment: Ensure that your son has a bottle
of water/energy drink packed.

nluzmore@bishops.org.za



Coffee 
on Sale



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START TIME	AGE GROUP	DISTANCE
11:00	U13, U14	4KM
11:20	U9	2KM
11:28	U10	2KM
11:36	U11	3KM
11:48	U12	3KM





Race Format:

- The event is compulsory for all boys in their relevant Houses.
- There are two trophies for this event: the **Participation Trophy** and the **Performance Trophy**.
- The Participation Trophy will be awarded to the House with the highest percentage of participants.
- The Performance Trophy will be determined by adding together the age group points for an Overall House Total.
- The lowest-scoring House wins the Trophy.
- The House with the lowest number of participants per age group will determine the maximum number of participants to be considered for the Performance Trophy points scoring.

