

Worksheet

Independent Task - Complete the table

Stage of the race	Distance run in kilometres	Distance run in metres	Laps run	Laps to go	Distance to go in metres	Distance to go in kilometres
Stage 1	0 km	0 m	0	12.5 laps	5000 m	5 km
Stage 2				10		
Stage 3					2200 m	
Stage 4	3 km					
Stage 5				4		
Stage 6						0.8 km
Stage 7					100 m	

