

Cross-Country Warm-up runs

Each day we do a cross-country warm-up run. One lap around the field is **400m** (metres) answer the following questions.

1. Mr Bron ran around the cross-country warm-up track 3 times in 15 minutes on Monday. How far did he run? - show how you have worked out the problem.
2. Mr McNaught ran around the cross-country warm-up track 6 times in 15 minutes on Tuesday. How far did he run? - show how you worked out the problem.
3. Noah ran around the warm-up track 10 times in 15 minutes on Wednesday. How far did he run.
4. If TC ran 1600 metres, how many laps did she do?
5. If Sam Philips ran 800 metres, how many laps did he do?