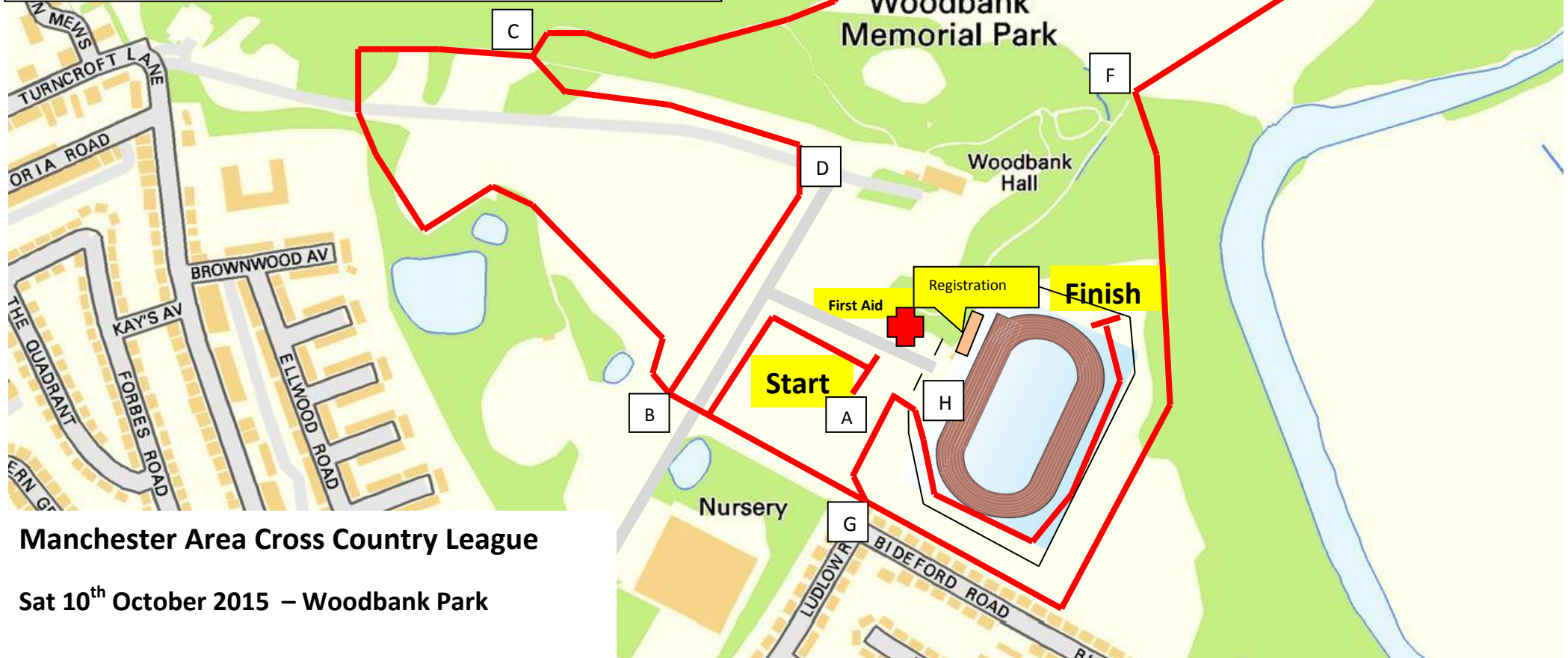


Time	Event	Approx Dist	Course
12:15pm	U13G + U13B	3500m	A B C E F G H -> Finish
12:30pm	U15G + U15B	4500m	A B C D -> B C E F G H -> Finish
12:50pm	U17G + U17B	6500m	A B C E F G -> B C E F G H -> Finish
13:40pm	U20, Sen + Vet Ladies	8500m	A B C D -> B C D -> B C E F G -> B C E F G H -> Finish
14:30pm	U20, Sen + Vet Men	9500m	A B C E F G -> B C E F G -> B C E F G H -> Finish



## Manchester Area Cross Country League

Sat 10<sup>th</sup> October 2015 – Woodbank Park