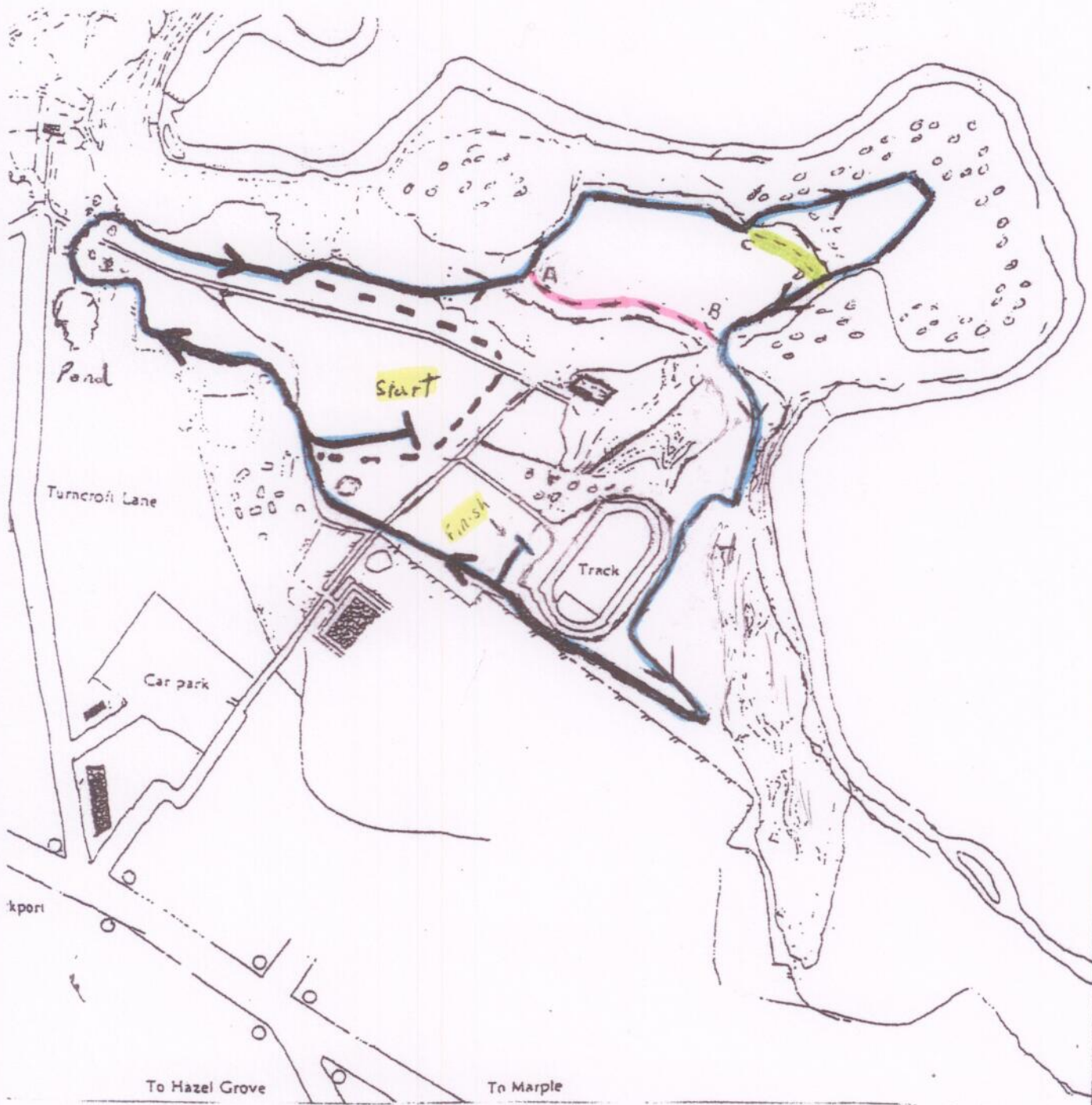


# MANCHESTER CROSS COUNTRY LEAGUE

Woodbank Park, Stockport, Sunday 10th November 2013



TIME	EVENT	APP DISTANCE	COURSE
12:00	U11 GIRLS	2200M	START / A/B/ FINISH
12:15	U13 GIRLS & U11 BOYS	2400M	START / C/D/ FINISH
12:30	U15 GIRLS & U13 BOYS	3000M	1 LARGE LAP
12:50	U17 LADIES & U15 BOYS	4000M	1 SMALL + 1 LARGE LAP
13:20	U17 MEN	6000M	2 LARGE LAPS
13:40	U20 LADIES & SEN LADIES	7000M	1 SMALL + 2 LARGE LAPS
14:30	U20 MENS & SEN MEN	9000M	3 LARGE LAPS