



HIDDEN GEM CAFE

FARM CENTRE

HOLLIES

START/FINISH

THE RECOMMENDED CAR PARK ENTRANCE IS AT THE ST MARGARET'S

MATCH ONE - HEATON PARK

Manchester Area CCL

- (R1) 12:15pm: U13 Girls=shortened main lap. [approx 2,400]
 - (R2) 12:30pm: U13 Boys/U15 Girls=1 main lap. [approx 3,000]
 - (R3) 12:50pm: U15 Boys/U17 Girls=1 extended main lap. [approx 3,750]
 - (R4) 1:20pm: U17 Boys=2 main laps. [approx 6,000]
 - (R5) 1:40pm: Snr/U20/Vet Ladies=2 extended main laps. [approx 7,500]
 - (R6) 2:30pm: Snr/U20/Vet Men=3 main laps. [approx 9,000]
- = SHORTENED LAP (R1)
 → → → → = MAIN LAP (R2, R4, R6)
 — — — — = EXTENDED MAIN LAP (R3, R5)