



12.00 NOON	U/11 GIRLS (U/11 START)	2.2 Km
12.15	U/11 BOYS U/13 GIRLS (U/11 START)	2.2 Km
12.30	U/13 BOYS U/15 GIRLS (SMALL LAP)	3.1 Km
12.50	U/15 BOYS U/17 GIRLS (LOOP + LARGE LAP)	4.5 Km
13.20	U/17 BOYS POLES (2x SMALL LAP)	6.2 Km
13.40	SNR U20 VET WOMEN (2x SMALL LAP)	6.2 Km
14.30	SNR U20 VET MEN (3x SMALL LAP)	9.3 Km

MANCHESTER AREA CROSS COUNTRY LEAGUE
 SHERDLEY PARK