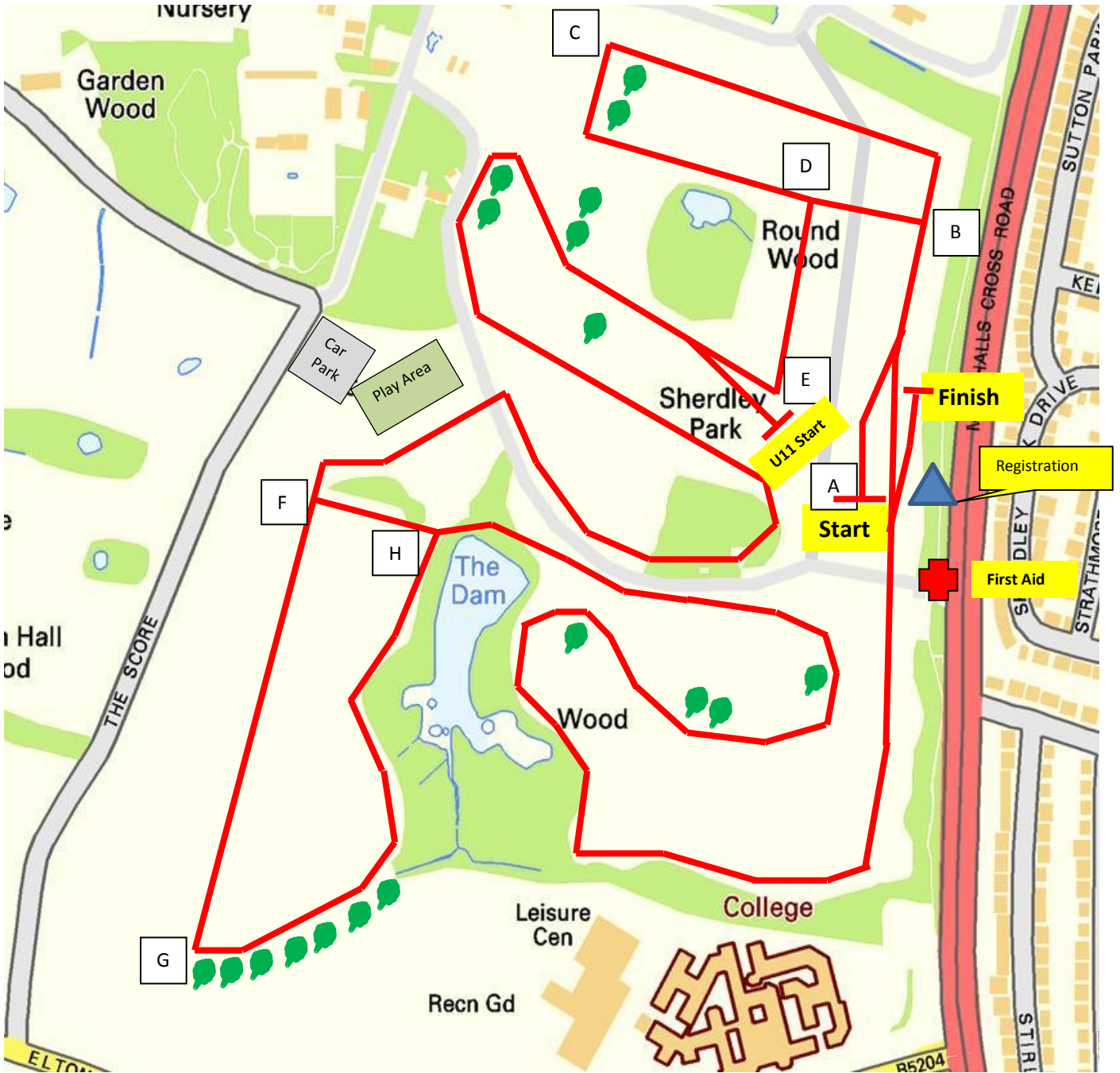


Manchester Area Cross Country League

Sat 7th November 2015 – Sherdley Park



Time	Event	Approx Dist	Course
12:00pm	U11G + U11B	2200m	EFH -> Finish
12:15pm	U13G + U13B	3000m	ABCDEFGHIH -> Finish
12:30pm	U15G + U15B	4500m	ABCD -> BCDEFGH -> Finish
12:50pm	U17G + U17B	6000m	ABCDEFGHIH -> BCDEFGH -> Finish
13:40pm	Sen, U20 + Vet Women	8000m	ABCDEFGHIH -> BCDEFGH -> Finish
14:30pm	Sen, U20 + Vet Men	9000m	ABCDEFGHIH -> BCDEFGH -> BCDEFGH -> Finish