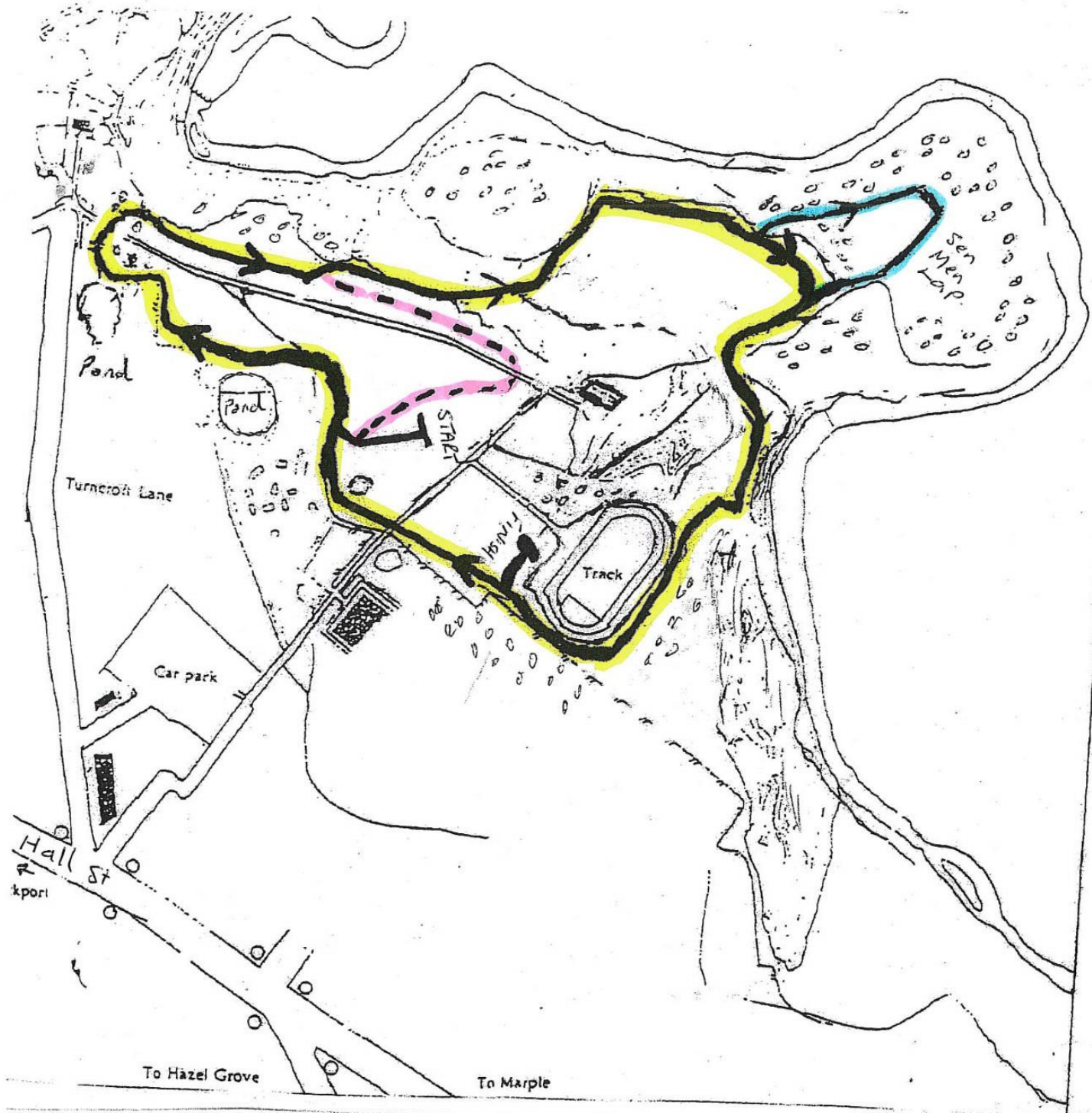


MANCHESTER CROSS COUNTRY LEAGUE

Woodbank Park, Stockport, Saturday 11th October 2014



LAP

SMALL LOOP

LARGE LAP

TIME	EVENT	APP DISTANCE	COURSE
12-15PM	U13 GIRLS	2400MT	1 LAP
12-30PM	U15 GIRLS & U13 BOYS	3400MT	SMALL LOOP +1 LAP
12-50PM	U15 BOYS ,U17 LADIES &U17 MEN	4800MT	2 LAPS
13-40PM	U20 , SENIOR &VETS LADIES	8200MT	SMALL LOOP +3 LAPS
14-30PM	U20 , SENIOR &VETS MEN	10,000 MT	SMALL LOOP +3 LARGE LAPS