



Manchester Area Cross-Country League 2014 - 2015						
Match 4 - Heaton Park, Manchester						
Saturday, 10th January 2015						
Race Order	Start Time	Race	Estimated Distance (m)	Short Laps	Medium Laps	Long Laps
1	12 noon	U11 Girls	2,830	–	1	–
2	12:15	U11 Boys and U13 Girls	2,830	–	1	–
3	12:30	U13 Boys and U15 Girls	3,280	–	–	1
4	12:50	U15 Boys, U17 Boys and U17 Girls	4,970	1	1	–
5	13:40	Senior, U 20 and Vet Ladies	8,490	–	3	–
6	14:30	Senior, U 20 and Vet Men	9,840	–	–	3
N.B. Estimated distance of short lap:			2,140m			