



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)