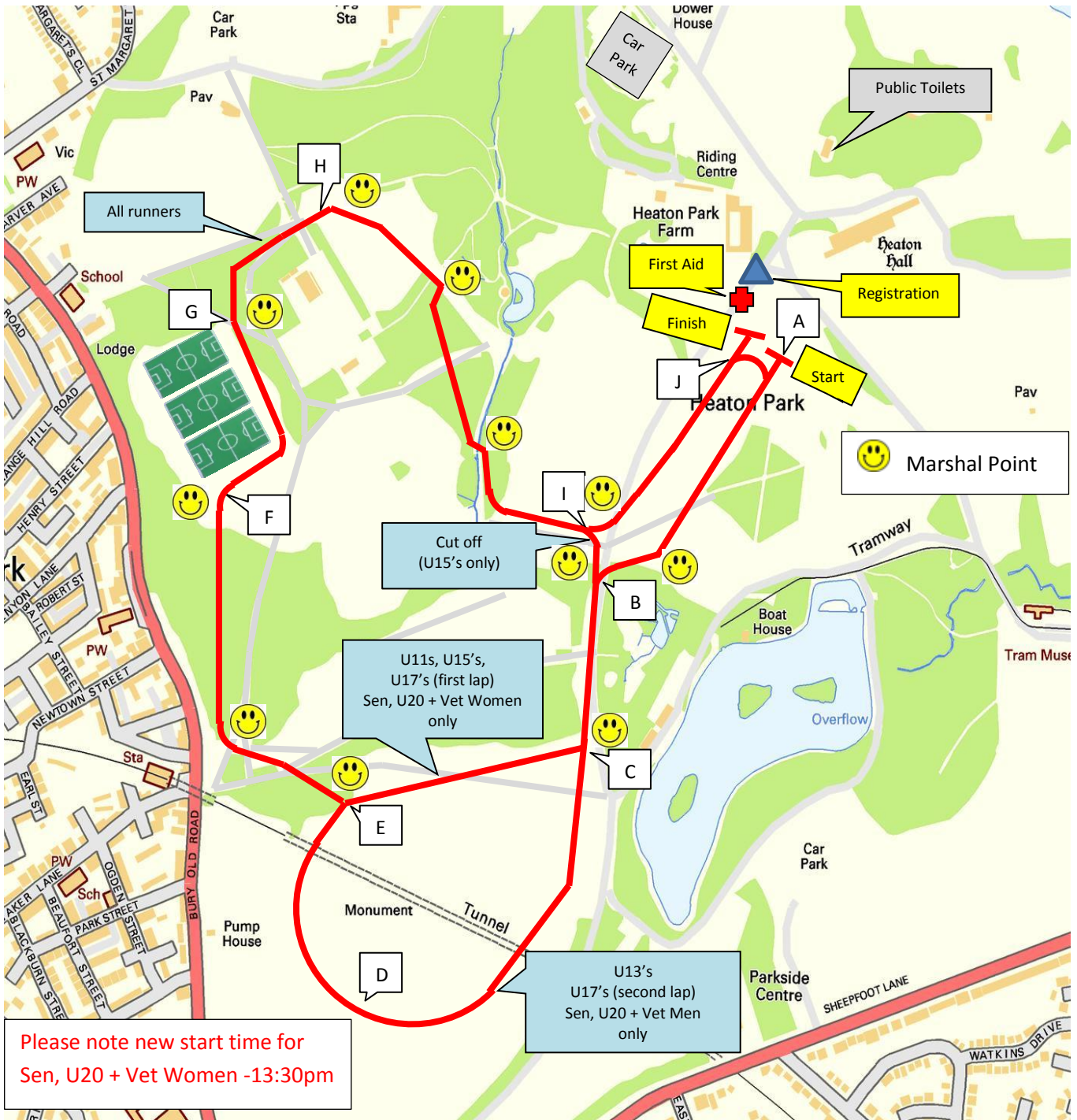


Manchester Area Cross Country League

Sat 3rd December 2016 – Heaton Park



Time	Event	Approx Dist	Course
12:00pm	U11G + U11B	2830m	ABCEFGHIJ -> Finish
12:15pm	U13G + U13B	3280m	ABCDEFGHIJ -> Finish
12:30pm	U15G + U15B	4970m	ABCEFGHI ->via cut off-> B C E F G H I J -> Finish
12:50pm	U17G + U17B	6110m	ABCEFGHIJ -> BCDEFGHIJ -> Finish
13:30pm	Sen, U20 + Vet Women	8490m	ABCEFGHIJ ->BCEFGHIJ -> BCEFGHIJ -> Finish
14:30pm	Sen, U20 + Vet Men	9840m	ABCDEFGHIJ->BCDEFGHIJ->BCDEFGHIJ -> Finish