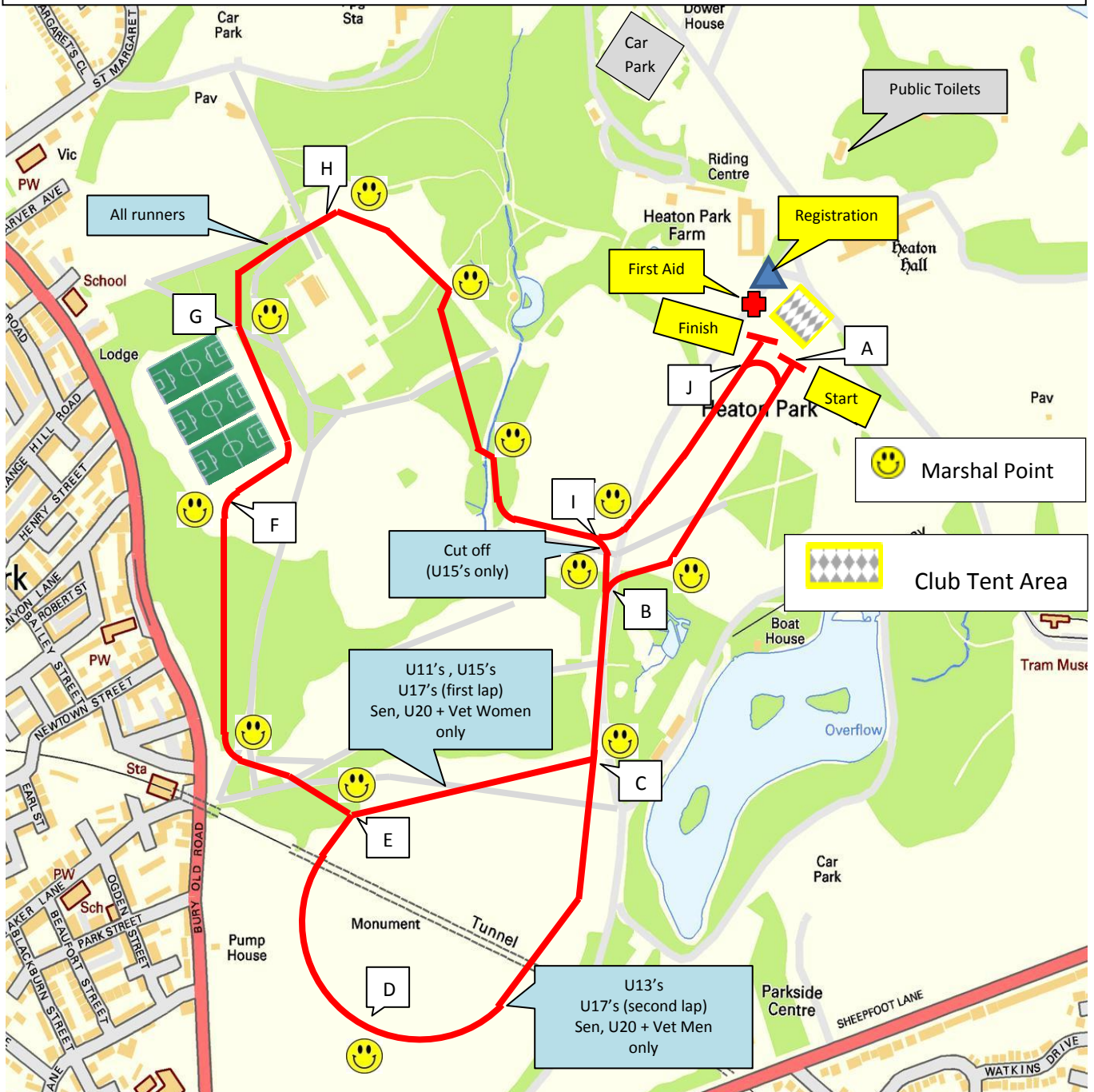


# Manchester Area Cross Country League Sat 12th January 2019 – Heaton Park

**No entries taken on the day at this event (incl Guests)**  
Please check entry lists on website before travelling to event ([www.maccl.co.uk](http://www.maccl.co.uk))



**No EOD. Please check entry lists on website before travelling to event. ([www.maccl.co.uk](http://www.maccl.co.uk))**

| 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->BCEFGHIJ -> 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 |