

Time	Event	Approx Dist.	Course
12:00	U11G + U11B	2,400m	A B C E I J -> Finish
12:15	U13G + U13B	3,200m	A B C E F G H I J -> Finish
12:30	U15G + U15B	4,500m	A B C D -> B C E F G H I J -> Finish
12:50	U17G + U17B	6,300m	A B C E F G H I J -> B C E F G H I J -> Finish
13:30	U20, Vet and Senior Women	8,800m	A B C D -> B C D -> B C E F G H I J -> B C E F G H I J -> Finish
14:30	U20, Vet and Senior Men	10,000m	A B C D -> B C E I J -> B C E F G H I J -> B C E F G H I J -> Finish



**Manchester Area Cross Country League**  
**Saturday 7<sup>th</sup> December 2024**  
**Woodbank Park**