

Time	Event	Approx Dist	Course
12:00pm	U11G + U11B	2300m	A B C K-> A B E G J C K-> Finish (1 loop, 1 short lap, finish)
12:15pm	U13G + U13B	3400m	A B C K-> A B E G H I J C D-> Finish (1 loop with spur, 1 medium lap, finish)
12:30pm	U15G + U15B	5100m	A B C K-> A B C K-> A B E F G H I J C D-> Finish (2 loops, 1 large lap with spur, finish)
12:50pm	U17G + U17B	6500m	A B C K-> A B E F G H I J C D-> A B E F G H I J C D-> Finish (1 loop, 2 large laps with spur, finish)
13:30pm	Sen, U20 + Vet Women	8000m	A B C K-> A B E F G H I J C K-> A B E F G H I J C K-> Finish (1 loop, 3 large laps, finish)
14:30pm	Sen, U20 + Vet Men	9800m	A B C D-> A B C D-> A B E F G H I J C K-> A B E F G H I J C K-> A B E F G H I J C K-> Finish (2 loops with spur, 3 large laps, finish)

# Manchester Area Cross Country League

Sat 9<sup>th</sup> Nov 2024 – Univ Playing

Fields/Kenworthy Woods

**No entries taken on the day at this event  
(incl Guests)**

**Please check entry lists on website before travelling to event**

