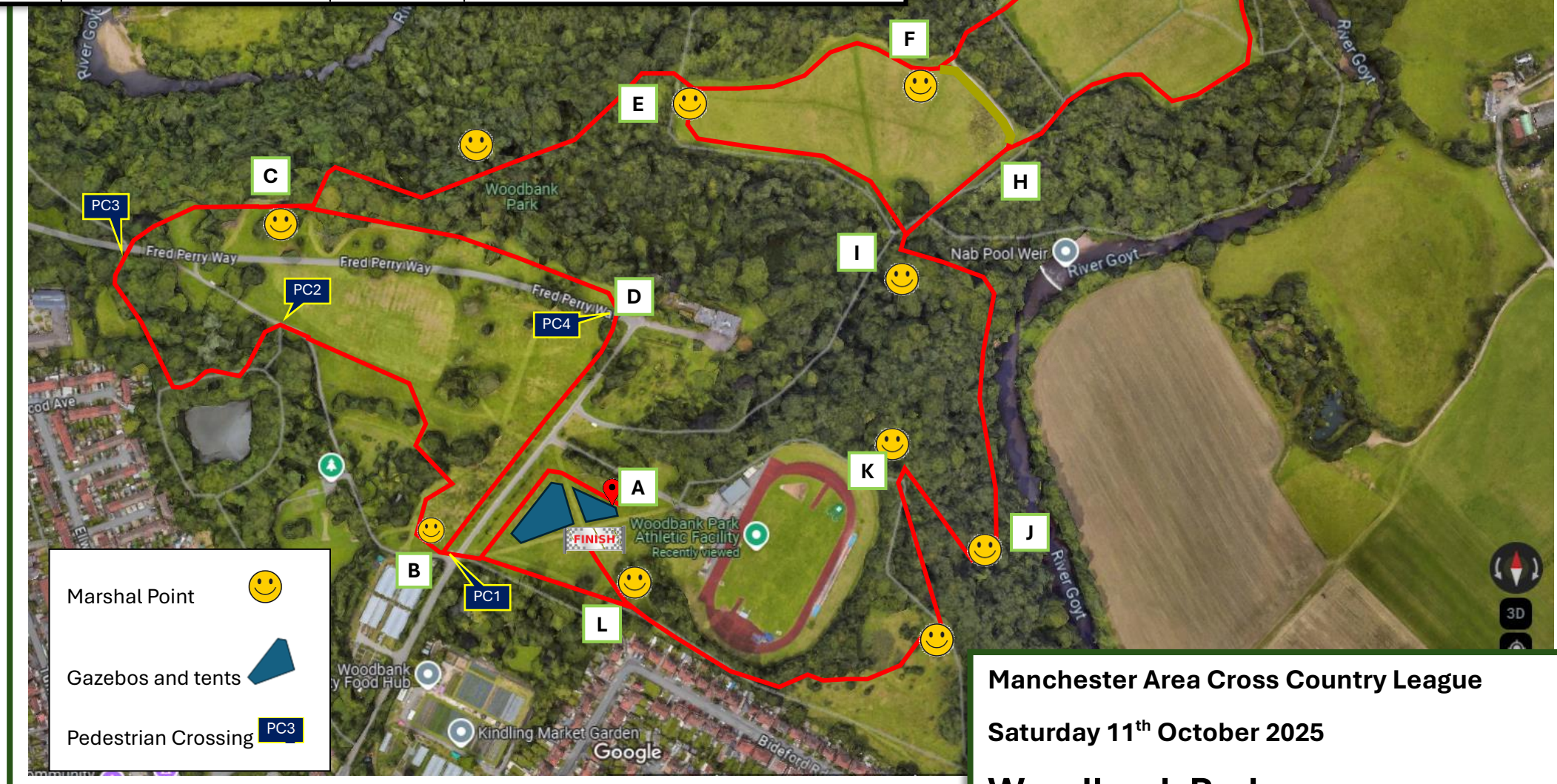


| Time  | Event                     | Approx Dist. | Course                                                                           |
|-------|---------------------------|--------------|----------------------------------------------------------------------------------|
| 12:00 | U11G + U11B       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



**Manchester Area Cross Country League**

**Saturday 11<sup>th</sup> October 2025**

**Woodbank Park**