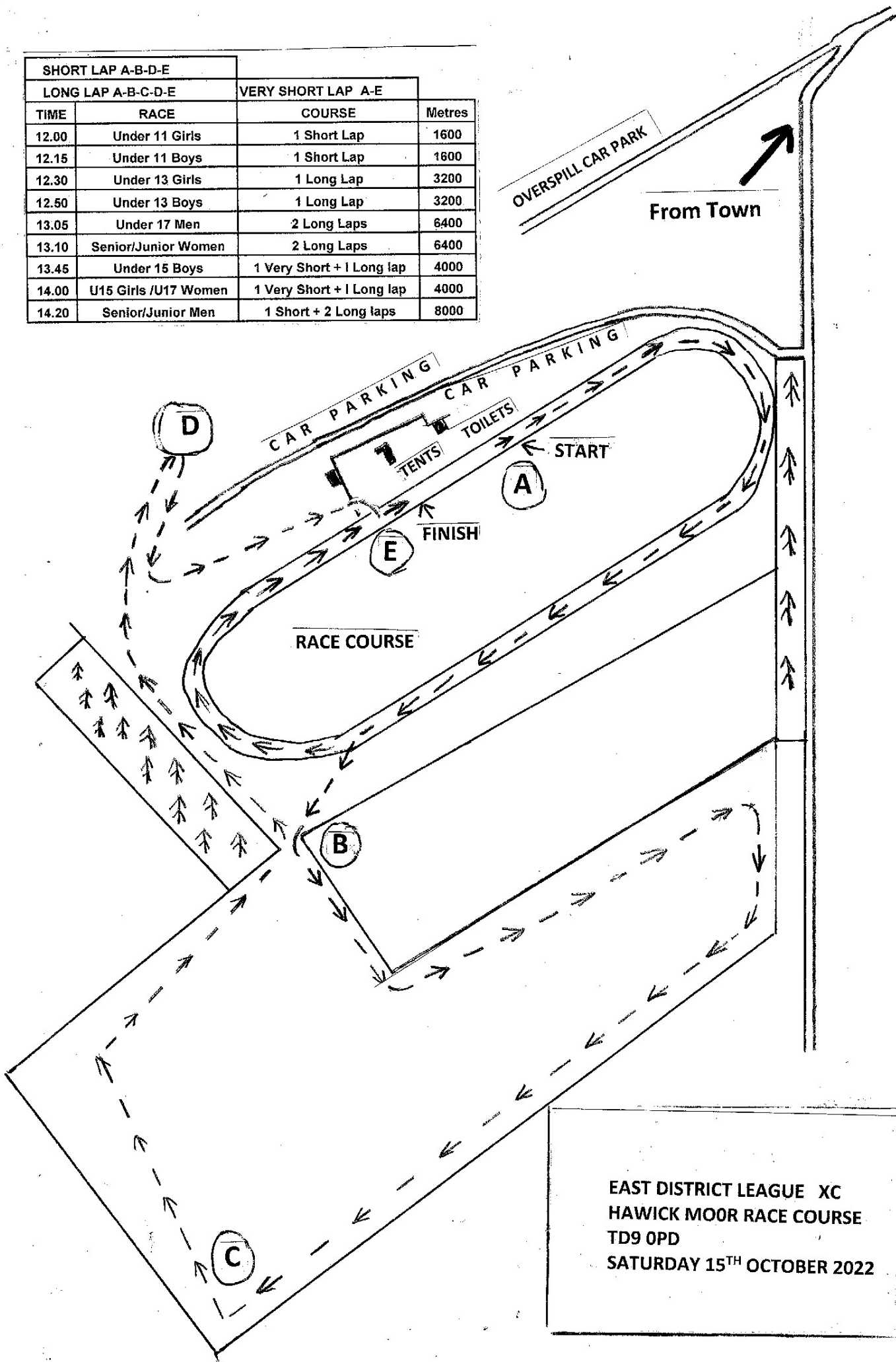


SHORT LAP A-B-D-E			
LONG LAP A-B-C-D-E		VERY SHORT LAP A-E	
TIME	RACE	COURSE	Metres
12.00	Under 11 Girls	1 Short Lap	1600
12.15	Under 11 Boys	1 Short Lap	1600
12.30	Under 13 Girls	1 Long Lap	3200
12.50	Under 13 Boys	1 Long Lap	3200
13.05	Under 17 Men	2 Long Laps	6400
13.10	Senior/Junior Women	2 Long Laps	6400
13.45	Under 15 Boys	1 Very Short + 1 Long lap	4000
14.00	U15 Girls /U17 Women	1 Very Short + 1 Long lap	4000
14.20	Senior/Junior Men	1 Short + 2 Long laps	8000



EAST DISTRICT LEAGUE XC  
 HAWICK MOOR RACE COURSE  
 TD9 OPD  
 SATURDAY 15<sup>TH</sup> OCTOBER 2022