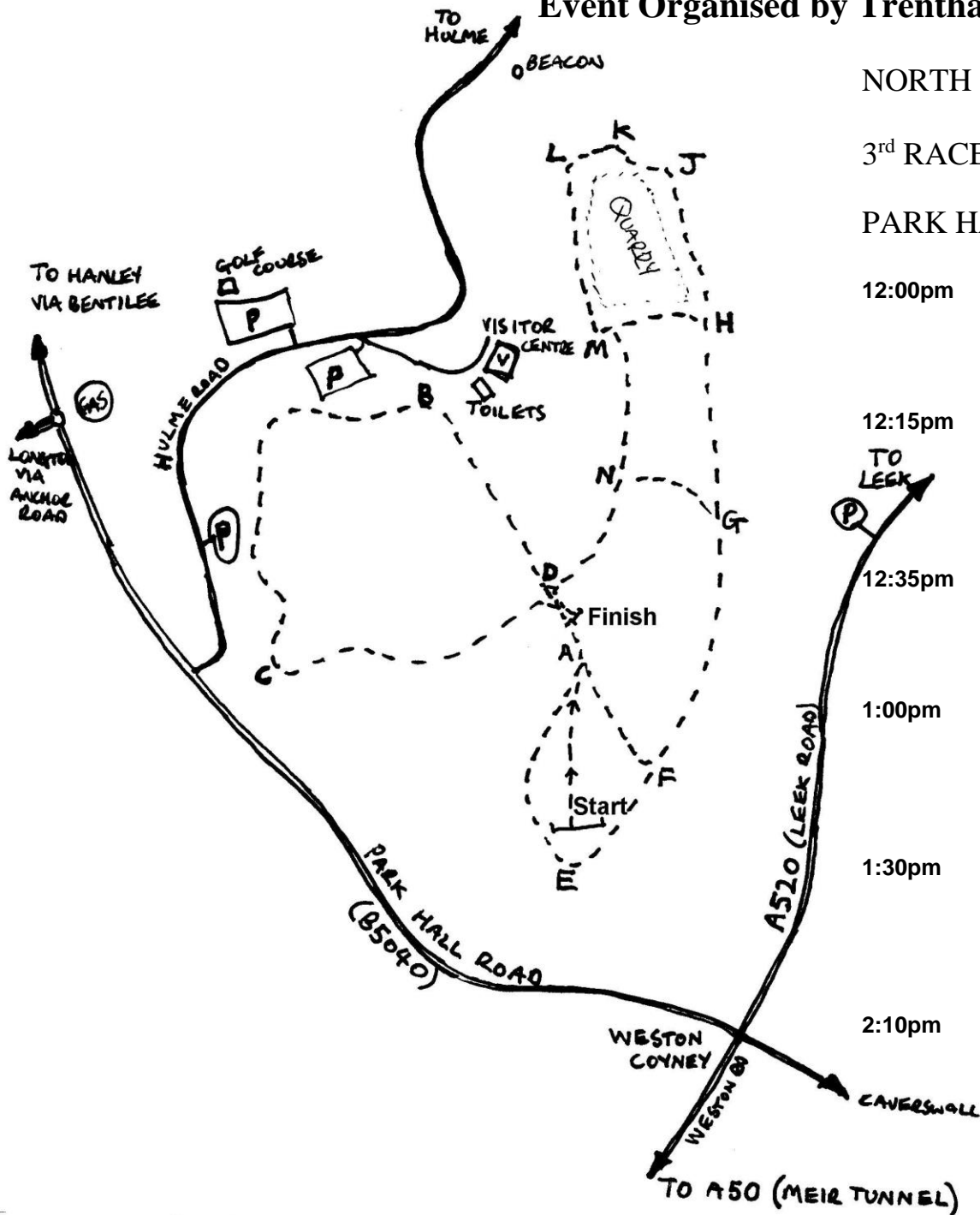


Event Organised by Trentham Running Club

NORTH STAFFS CROSS COUNTRY LEAGUE

3rd RACE

PARK HALL COUNTRY PARK



12:00pm	U11 Girls	Circuit: Two identical laps Each Lap = A-F-G-N-D-A (1,800metres)
12:15pm	U13 Girls & U11 Boys	Circuit: One small lap & one large Small lap = A-F-G-N-D-A Large lap = A-F-G-H-M-N-D-A (2,300 metres)
12:35pm	U15 Girls & U13 Boys	Circuit: Two identical laps Each Lap = A-F-G-H-M-N-D-A (2,700 metres)
1:00pm	U17 Girls & U15 Boys	Circuit: Two laps Lap 1 = A-F-G-H-M-N-D-A Lap 2 = A-E-F-G-H-M-N-D-A (3,000 metres)
1:30pm	Jun & Sen Ladies, Vet ladies & U17 Boys	Circuit: Two identical laps Each Lap = A-D-B-C-A-F-G-H- M-N-D-A (5,200 metres (approx))
2:10pm	Jun & Senior Men, Veteran Men	Circuit: Two identical laps Each Lap = A-D-B-C-A-E-F-G-H-J- K-L-M-N-D-A (7,000 metres (approx))