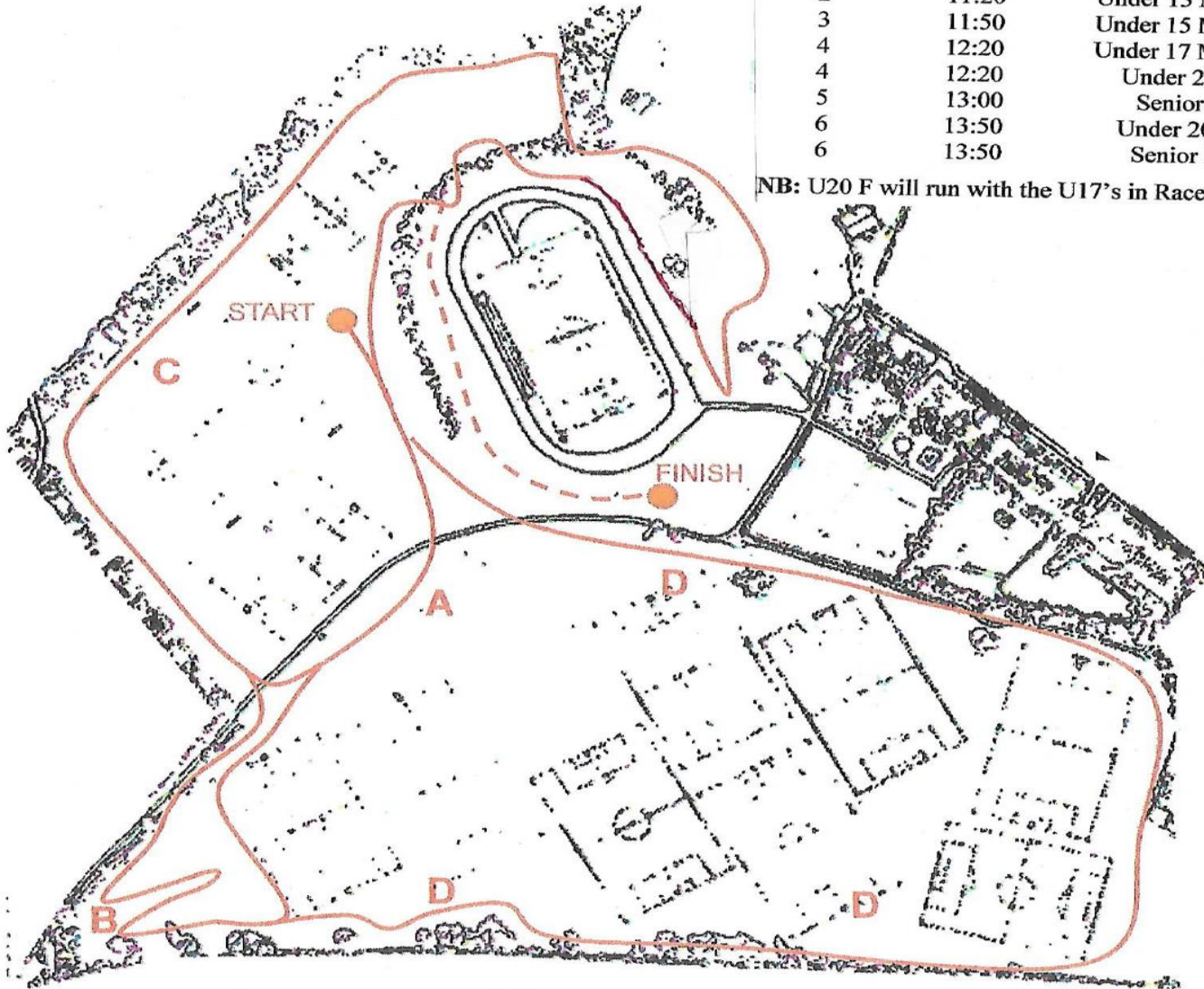


## Knights Grange, Winsford

| Race | Start time | Age Group      | Distance (approx) | Laps     |
|------|------------|----------------|-------------------|----------|
| 1    | 11:00      | Under 11 M & F | 1600m             | 1 small  |
| 2    | 11:20      | Under 13 M & F | 3000m             | 2 small  |
| 3    | 11:50      | Under 15 M & F | 4100m             | 2 medium |
| 4    | 12:20      | Under 17 M & F | 5400m             | 2 large  |
| 4    | 12:20      | Under 20 F     | 5400m             | 2 large  |
| 5    | 13:00      | Senior F       | 8000m             | 3 large  |
| 6    | 13:50      | Under 20 M     | 8000m             | 3 large  |
| 6    | 13:50      | Senior M       | 10500m            | 4 large  |

NB: U20 F will run with the U17's in Race 4. U20 M start with the Senior Men but finish 1 lap earlier.



LARGE D/B/C  
 MEDIUM A/B/C  
 SMALL A/C