

**RESULTS – Everyone will be working as hard as possible behind the scenes to complete them, and they will be on sale as soon as possible after each race. The results can only be produced and then scrutinised when the last person finishes, so please be patient.**

**Races will be held as follows:**

Age Group	Distances (Approx)	Laps	Time
u13 Girls	3,000m	1 Long Lap	11.10 a.m.
u13 Boys	3,000m	1 Long Lap	11.30 a.m.
u15 Girls	4,000m	1 Small + 1 Medium Lap	11.50 a.m.
u15 Boys	4,500m	1 Med + 1 Long Lap	12.10 p.m.
u17 Women	4,500m	1 Med + 1 Long Lap	12.30 p.m.
u17 Men	6,000m	1 Small + 2 Long Laps	1.00 p.m.
Senior/Junior Women	6,000m	1Small + 2 Long Laps	1.30 p.m.
Junior Men	7,800m	1 Small +3 Long Laps	2.10 p.m.
Senior Men	10,400m	1 Small + 4 Long Laps	2.10 p.m.

As with any cross country race the distances can only be approximate at this stage, alterations and adjustments to the course may be needed at any point.

