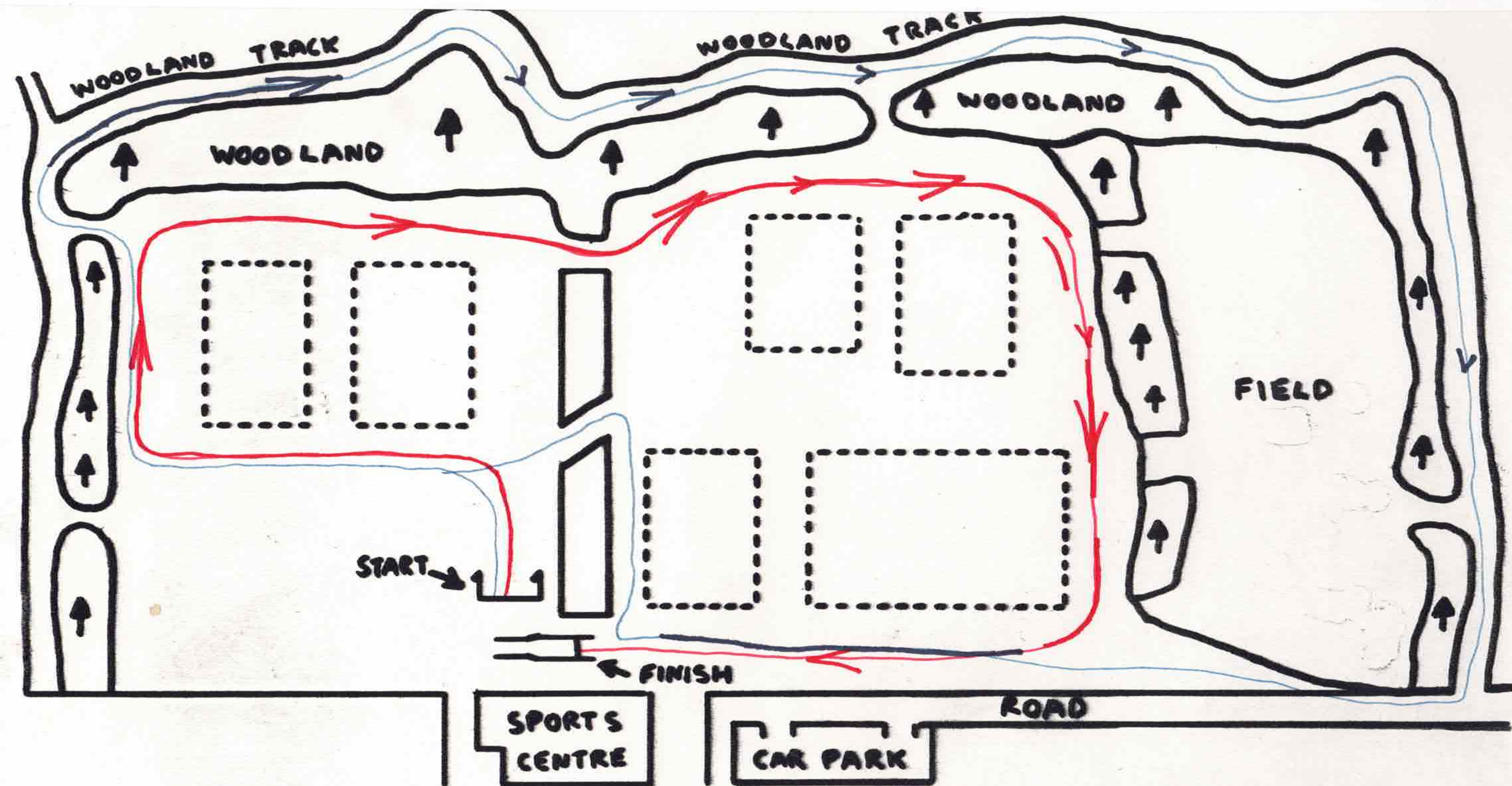


East District Cross Country League, Riccarton, Edinburgh Saturday 4th February 1989



2.00	COLTS	1 RED LAP	1,600 METRES	1 MILE
2.10	JUN/BOYS	1 BLUE LAP	2,400 METRES	1.5 MILES
2.25	SEN/BOYS	1 RED LAP + 1 BLUE LAP	4,000 METRES	2.5 MILES
2.45	YOUTHS	1 RED LAP + 2 BLUE LAPS	6,400 METRES	4 MILES
3.05	SENIORS/JUNIORS	1 RED LAP + 3 BLUE LAPS	8,800 METRES	5.5 MILES