

East District Cross Country League Dunfermline (Townhill) Saturday 1st December 2001

	RACE	TIME	LAPS	DISTANCE
1	U11 Girls & Boys	1.15pm	1 Small Lap	1400 metres
2	U13 Girls & Boys	1.25pm	2 Small Laps	2760 metres
3	U15 Boys & Girls & U17 Women	1.40pm	1 Large Lap	4340 metres
4	Sen/Jun/Vet Women & U17 Men	2.00pm	1 Small lap & 1 Large lap	6150 metres
5	Sen/Jun/Vet Men	2.30pm	2 Large Laps	9540 metres

SMALL LAP ABDE
LARGE LAP ABCDE

NOTE

(1) Race 3 is shorter than original map that went to clubs.

(2) Please do not warm up on large lap outside park when a race is in progress. The paths are narrow

(3) Course with large laps may not be suitable for spikes

