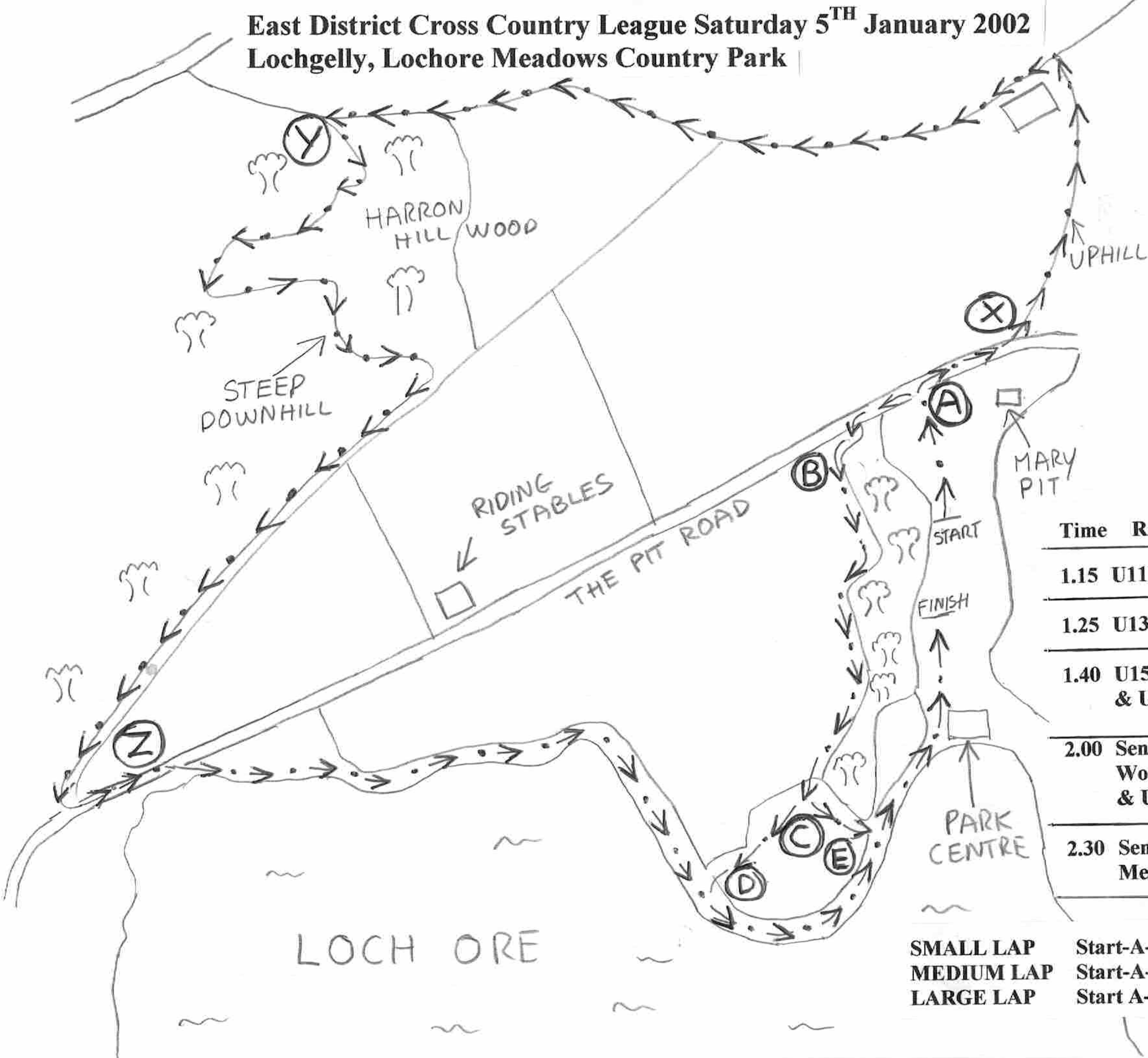


East District Cross Country League Saturday 5TH January 2002

Lochgelly, Lochore Meadows Country Park



Time	RACE	LAPS	DISTANCE
1.15	U11B & G	1 Small	1370 metres
1.25	U13B & G	1 Medium	1720 metres
1.40	U15B & G & U17W	1 Small & 1 Medium	3090 metres
2.00	Sen/Jun Women & U17Men	1 Large	5000 metres
2.30	Sen/Jun Men	2 Large	10,000 metres

SMALL LAP	Start-A-B-C-E-Finish	1370 metres
MEDIUM LAP	Start-A-B-C-D-E-Finish	1720 metres
LARGE LAP	Start A-X-Y-Z-D-E-Finish	5000 metres