

EAST DISTRICT CROSS COUNTRY LEAGUE

CORSTORPHINE HILL, EDINBURGH

SATURDAY 5TH FEBRUARY 2005

RACE	TIME	DIST	COURSE
U11 Girls & Boys	1.15	1,500m	1 SHORT LAP
U13 Girls & Boys	1.25	3,200m	2 SHORT LAPS
U15 Girls & Boys & U17 Women	1.40	4,100m	1 SHORT LAP 1 MEDIUM LAP
Sen/Jun Women & U17 Men	2.00	6,400m	2 LONG LAPS
Sen/Jun Men	2.30	9,600m	3 LONG LAPS
SHORT LAP ABEF 1,500 METRES			
MEDIUM LAP ABDEF 2,600 METRES			
LONG LAP ABCDEF 3,200 METRES			

