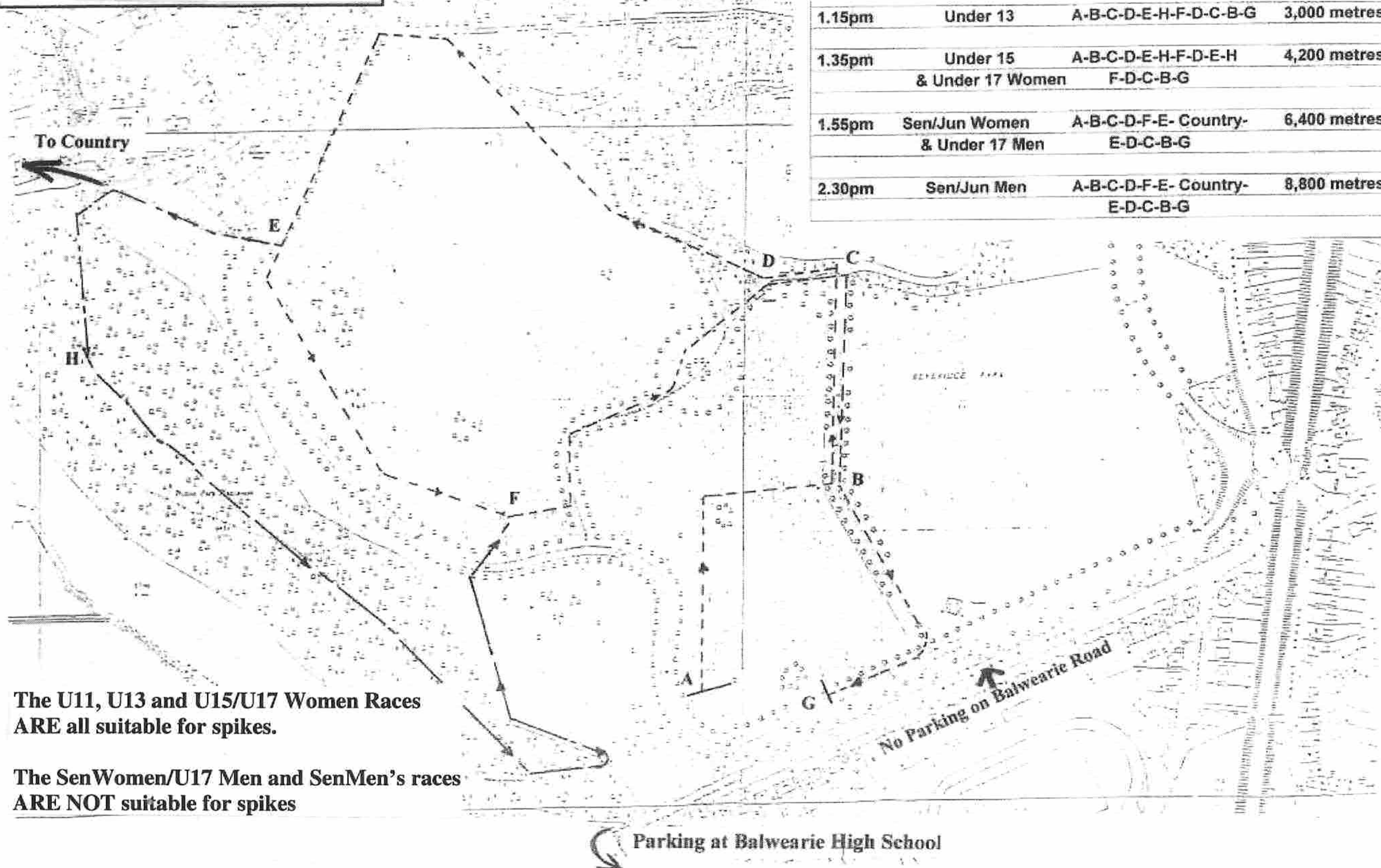


**East District CC League
Beveridge Park Kirkcaldy
SUNDAY 25th November 2007**

TIME	RACE	COURSE	DISTANCE
1.00pm	Under 11	A-B-C-D-E-F-D-C-B-G	1,500 metres
1.15pm	Under 13	A-B-C-D-E-H-F-D-C-B-G	3,000 metres
1.35pm	Under 15 & Under 17 Women	A-B-C-D-E-H-F-D-E-H F-D-C-B-G	4,200 metres
1.55pm	Sen/Jun Women & Under 17 Men	A-B-C-D-F-E- Country- E-D-C-B-G	6,400 metres
2.30pm	Sen/Jun Men	A-B-C-D-F-E- Country- E-D-C-B-G	8,800 metres



**The U11, U13 and U15/U17 Women Races
ARE all suitable for spikes.**

**The SenWomen/U17 Men and SenMen's races
ARE NOT suitable for spikes**

