

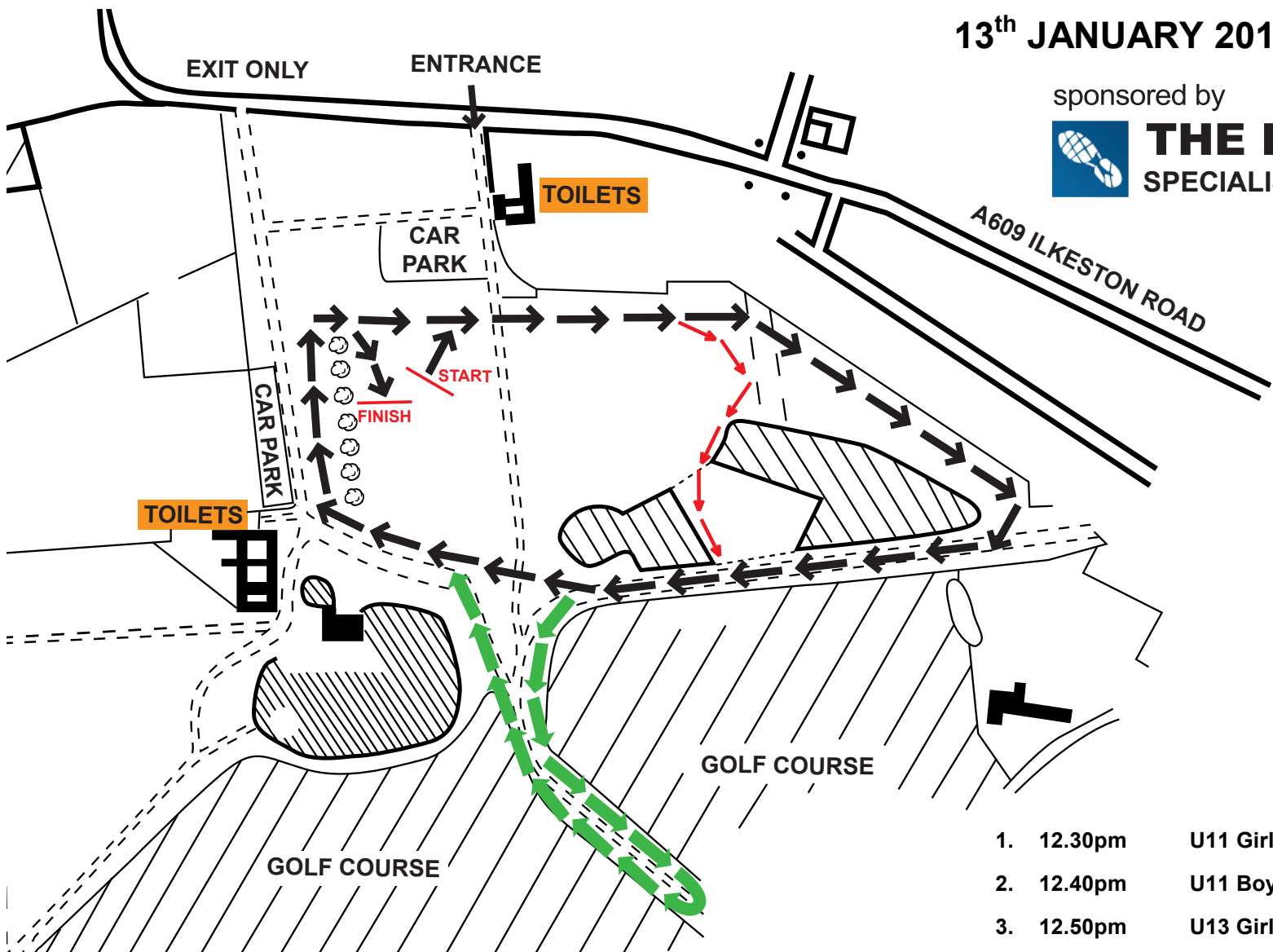
NORTH MIDLANDS CROSS COUNTRY LEAGUE

13th JANUARY 2018 – WOLLATON PARK

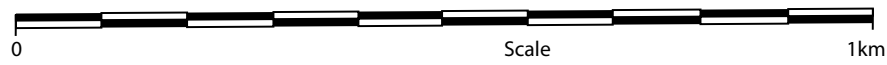
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THE DERBY RUNNER
SPECIALIST RUNNING EQUIPMENT



	Large Lap	3.5km
	Medium Lap	2.25km
	Small Lap	1.5km



1.	12.30pm	U11 Girls	1 small lap
2.	12.40pm	U11 Boys	1 small lap
3.	12.50pm	U13 Girls	2 small laps
4.	13.05pm	U13 Boys / U15 Girls	1 small & 1 medium lap
5.	13.25pm	U15 Boys / U17 Womem	2 medium laps
6.	13.45pm	U17 Men	1 small & 2 medium laps
7.	13.50pm	Senior / Junior / Vet Women	1 small & 2 medium laps
8.	14.20pm	Semior / Junior / Vet Men	3 large laps



Notts Athletic Club

Founded 1928