

Horwich RMI Harriers & AC Cross Country 2016-2017

Cross Country Leagues start Times and Approx Distances

Red Rose Cross Country

Under 11 Boys:	12.15pm	2km
Under 11 Girls:	12.30pm	2km
Under 13 Boys:	12.45pm	2.5km
Under 13 Girls:	1.00pm	2.5km
Under 15 Boys & Girls:	1.15pm	4km
Under 17 Boys & Girls, Junior, Senior, Vet. Ladies:	1.35pm	5km
Junior, Senior, & Veteran Men:	2.15pm	10km

Manchester Area Cross Country

Under 11 Boys and Girls	12 noon	2.4km
Under 13 Boys and Girls	12.15pm	3.5km
Under 15 Boys and Girls	12.30pm	5km
Under 17 Boys and Girls	12.50pm	6.5km
Senior Ladies, Vets and U20	1.30pm	8km
Senior Men, Vet Men and U20	2.30pm	9.6km

Mid Lancs Cross Country

Under 11 Girls:	12.30pm	2k
Under 11 Boys:	12.45pm	2k
Under 13 Girls:	1.00pm	2½k
Under 15 Girls & Under 13 Boys:	1.20pm	3k
Under 15 Boys & Under 17 Women:	1.40pm	4k
Under 17 Men & Senior, Junior & Lady Veterans:	2.00pm	6k
Junior, Senior, & Veteran Men:	2.30pm	10k

South East Lancs Cross Country

U11 Boys / Girls	1.00pm	2k
U13 Boys / Girls	1.10pm	3k
U15 Boys / Girls	1.20pm	4k
U17 Youths / Inters	1.35pm	5k
Senior Ladies	1.50pm	5k
Senior Men	2.30pm	10k