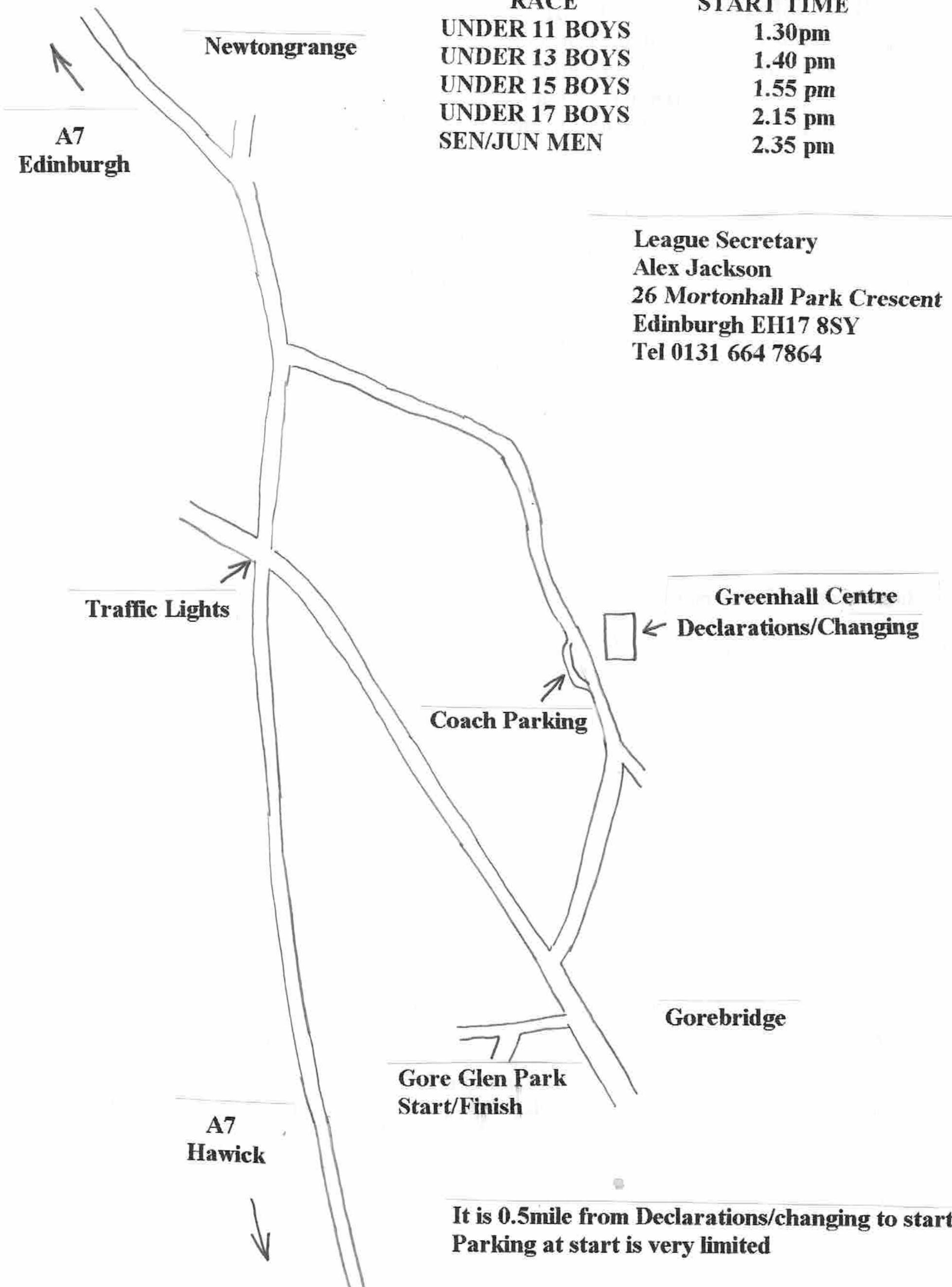


**EAST DISTRICT CROSS COUNTRY LEAGUE
GOREBRIDGE, (Gore Glen Park)
SATURDAY 1st FEBRUARY 1997**

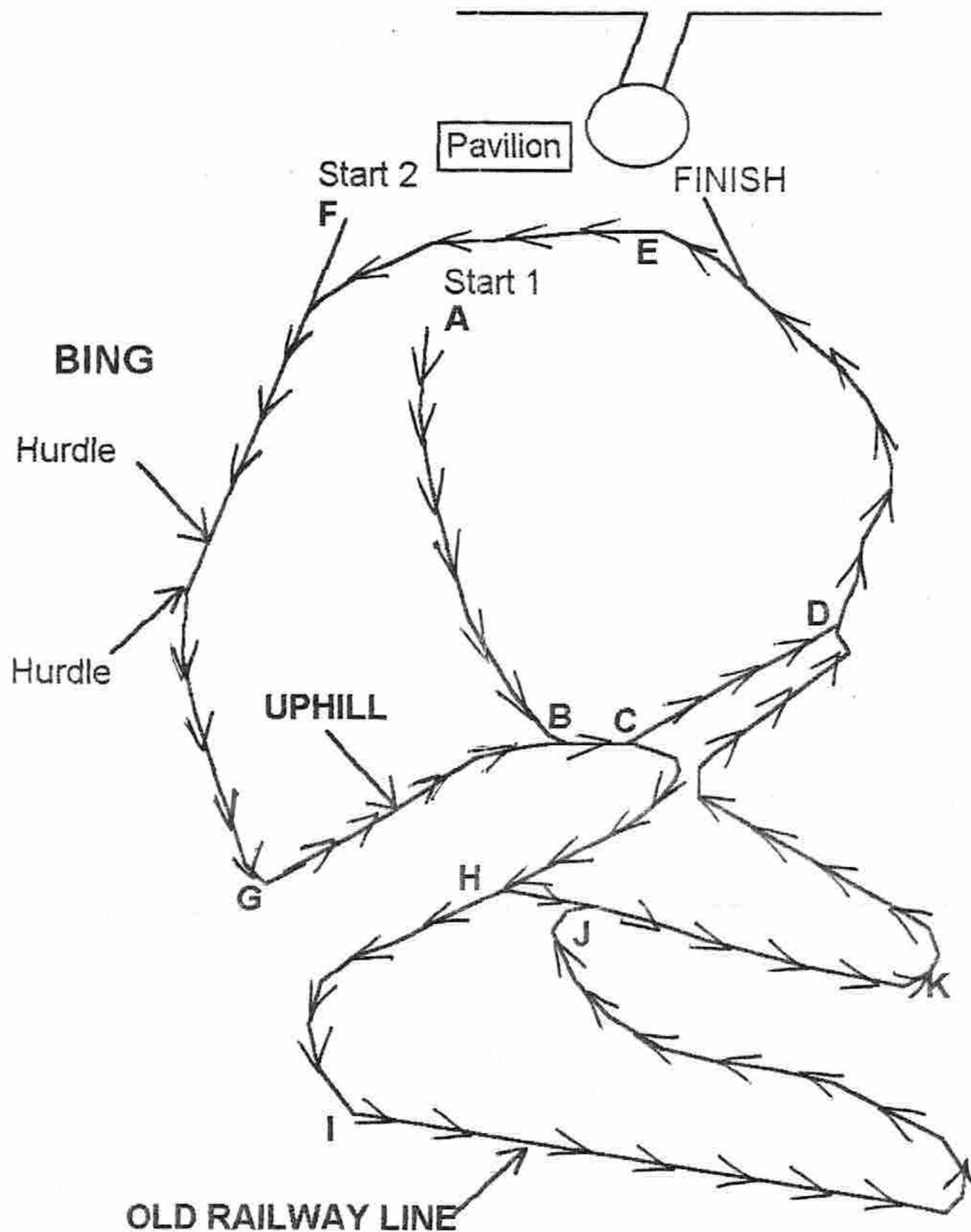
RACE	START TIME
UNDER 11 BOYS	1.30pm
UNDER 13 BOYS	1.40 pm
UNDER 15 BOYS	1.55 pm
UNDER 17 BOYS	2.15 pm
SEN/JUN MEN	2.35 pm

**League Secretary
Alex Jackson
26 Mortonhall Park Crescent
Edinburgh EH17 8SY
Tel 0131 664 7864**



**It is 0.5mile from Declarations/changing to start
Parking at start is very limited**

EAST DIST X COUNTRY LEAGUE- GOREBRIDGE 1/2/97



<u>TIME</u>	<u>AGE GROUP</u>	<u>LAPS</u>	<u>DISTANCE</u>
1.30pm	UNDER 11	1 MEDIUM	1 MILE (1500M)
1.40pm	UNDER 13	1 LARGE	1¾ MILES (2800 M)
1.55pm	UNDER 15	1 SMALL & 1 LARGE	2¼ MILES (3600M)
2.15pm	UNDER 17	2 LARGE	3½ MILES (5600M)
2.35pm	SEN/JUN	1 SMALL & 3 LARGE	5¾ MILES (9200 M)

SMALL LAP = A - B - C - D - E

MEDIUM LAP = A - B - C - H - J - K - D - E

LARGE LAP = F - G - B - C - H - I - J - K - D - E

DISTANCE - 800 M

DISTANCE - 1500 M

DISTANCE - 2800 M