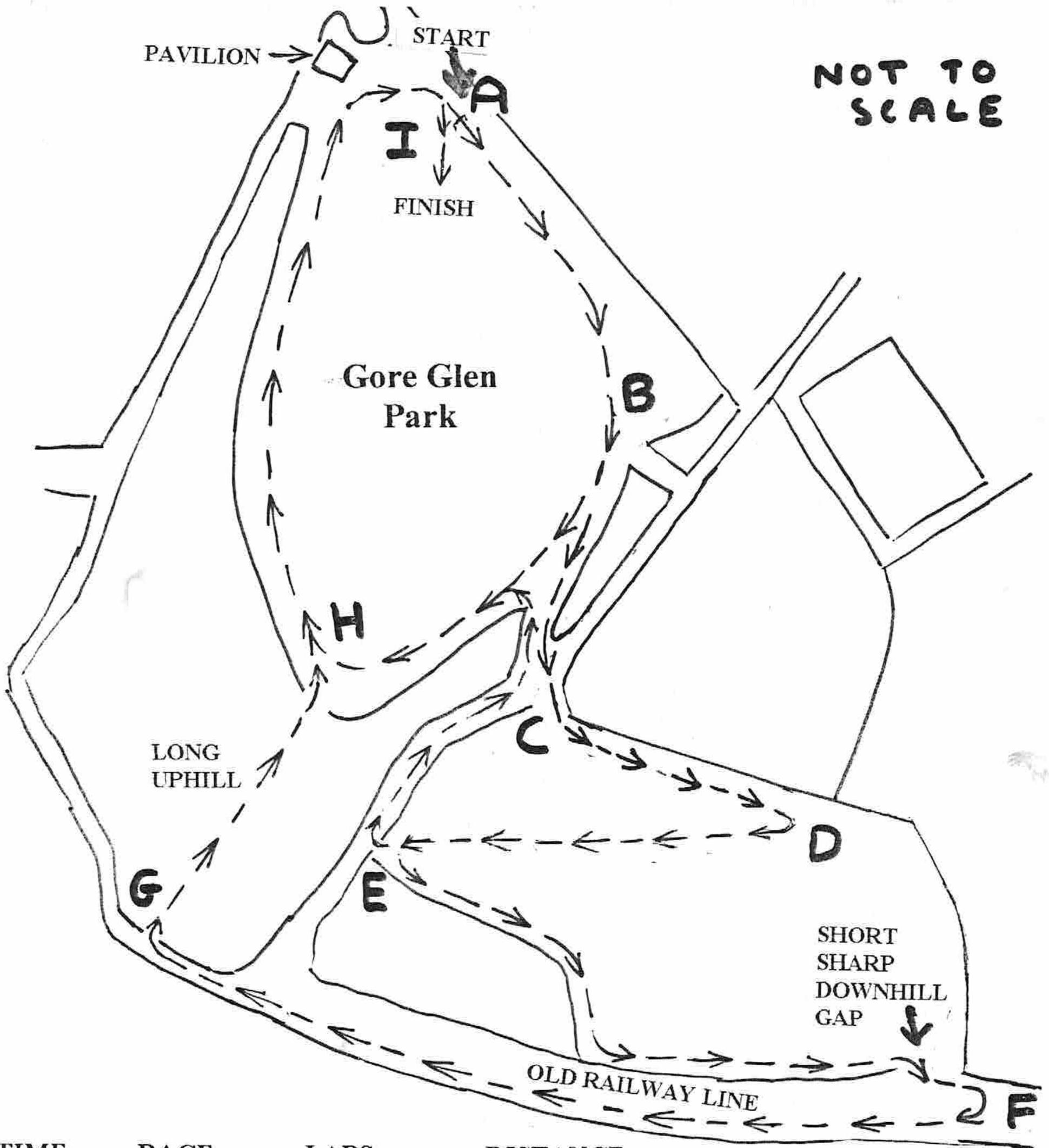


East District Cross Country League Gorebridge, Saturday 15<sup>th</sup> January 2000



TIME	RACE	LAPS	DISTANCE
1.00	Sen/Jun Women	2 Long	3.6miles
1.30	U11 Boys	1 Medium	1.0miles
1.40	U13 Boys	1 Small + 1 Medium	1.5miles
1.55	U15 Boys	1 Small + 1 Long	2.3miles
2.15	U17 Men	1 Medium + 1 Long	2.8miles
2.35	Sen/Jun Men	1 Small + 3 Long	5.9miles

SMALL LAP	ABHI	800 metres (0.5 miles)
MEDIUM LAP	ABCDEHI	1,500 metres (1.0 miles)
LONG LAP	ABCDEFGHI	2,900 metres (1.8 miles)