

**North of England AA Cross Country Championships
25th January 2003
Heaton Park, Manchester**

TIMETABLE

Time	Age Group	Race Distance
11.30am	U17 Men	6km
11.55	U13 Girls	3km
12.10pm	U15 Boys	4km
12.30	Senior Women	8km
1.15	U15 Girls	4km
1.30	U13 Boys	3km
1.45	U17 Women	4.5km
2.10	Senior Men	12km
3.10	U20 Women	6km
3.30	U20 Men	8km

***NB: The running order has changed from previous years,
please inform your athletes of the correct times of their races.***

THE SENIOR MEN'S EVENT IS NO LONGER THE FINAL RACE!