

INVERNESS HARRIERS AAC
NORTH DISTRICT CROSS COUNTRY – 16TH JANUARY 2016



U11 RACES – S/F-A-B-C-B-H-S/F – 1550M (Short Lap)

U13 RACES – S/F-A-B-D-E-F-G-B-H-S/F (1 Full Lap) – 3500m

U15 RACE & U17 Girls – S/F-A-B-D-E-F-G-B-H-S/F (Full Lap) + A-B-C-B-H-S/F (Short Lap) – 5000m

U17 MALES/SENIOR WOMEN – 2 FULL LAPS

SENIOR MEN U/20 – 3 FULL LAPS

COURSE MAY BE SUBJECT TO CHANGE DUE TO WEATHER OR FALLEN TREES. AMENDED PLANS WILL BE POSTED ON NDCCC FACEBOOK PAGE IF REQUIRED.

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