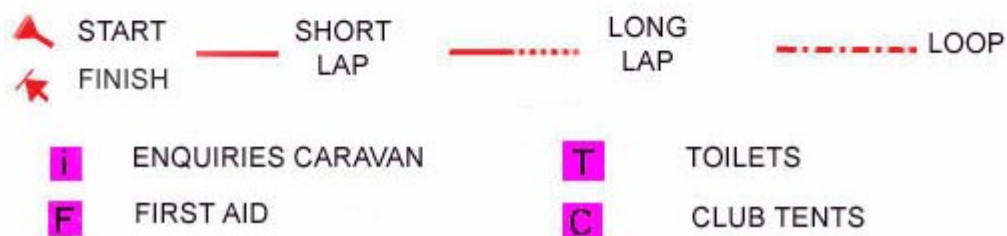


UKA Cross Challenge, Sefton Park, Liverpool: 2009



Race 1	11.00 1.9km	U11 Boys and Girls One short lap plus start and finish straights
Race 2	11.15 3km	U13 Girls One long lap plus start and finish straights
Race 3	11.30 3km	U13 Boys One long lap plus start and finish straights
Race 4	11.45 3km	U15 Boys One long lap plus start and finish straights
Race 5	12.00 3km	U15 Girls One long lap plus start and finish straights
Race 6	12.15 4.4km	U17 Women and IAAF Junior Women (U20 on 31.12.09) One short lap and one long lap plus start and finish straights
Race 7	12.35 5.5km	U17 Men U17 Two long laps plus start and finish straights
Race 8	12.55 6.7km	IAAF Junior Men (U20 on 31.12.09) Two long laps with loop each lap plus start and finish straights
Race 9	13.20 8.1km	Senior Women One short lap and two long laps with loop each long lap plus start and finish straights
Race 10	14.00 9.8km	Senior Men Three long laps with loop each lap plus start and finish straights