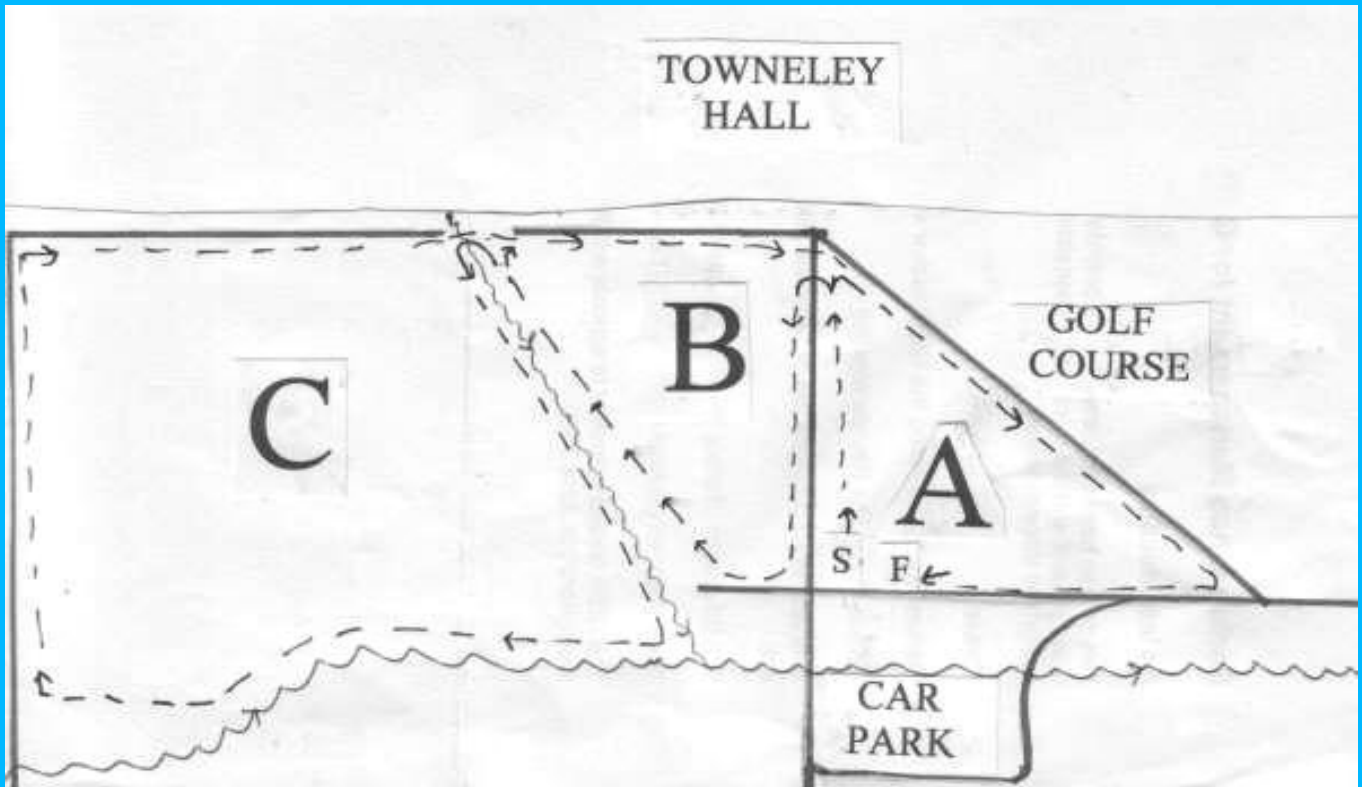


MID LANCs. LEAGUE - CROSS-COUNTRY 3
 Towneley Park, Burnley - Saturday 19th. December 2009



12:30pm:	U11G	2 small laps	S - AA - F	1.8k
12:45pm:	U11B	2 small laps	S - AA - F	1.8k
1:00pm:	U13G	1 medium lap	S - ABA - F	2.7k
1:20pm:	U13B/U15G	1 short full lap	S - BCA - F	3.1k
1:40pm:	U15B/U17W	1 full lap	S - ABCA - F	4.0k
2:00pm:	U17M/JW SW/VW	1 medium lap + 1 full lap	S - ABA - BCA - F	5.8k
2:30pm:	JM/SM/VM	3 full laps	S - ABCA - BCA - BCA - F	10.0k