

Race Times for the UKA Cross Challenge

Note: these differ from the Mid Lancs League race times.

BY AGE GROUP

Age Group	Time	Distance
U11 Girls	11:00 am	1.9k
U11 Boys	11:00 am	1.9k
U13 Girls	11:15 am	3k
U13 Boys	11:30 am	3k
U15 Boys	11:45 am	3k
U15 Girls	12:00 pm	3k
U17 Women	12:15 pm	4.4k
Junior Women**	12:15 pm	4.4k (U20 31.12.08)
U17 Men	12:35 pm	5.5k
Junior Men**	12:55 pm	6.7k (U20 31.12.08)
SW & VW	13:20 pm	8.1k
SM & VM	14:00 pm	9.8k

** Results from these races will not count for Junior Men / Women in the Mid Lancs League results. Junior Men/Women competing solely in the Mid Lancs League run the Senior Men's/Women's races.

BY RACE

RACE 1	11:00 am	1.9k	U11G/11B
RACE 2	11:15 am	3k	U13G
RACE 3	11:30 am	3k	U13B
RACE 4	11:45 am	3k	U15B
RACE 5	12:00 pm	3k	U15G
RACE 6**	12:15 pm	4.4k	U17W/JW
RACE 7	12:35 pm	5.5k	U17M
RACE 8**	12:55 pm	6.7k	JM
RACE 9	13:20 pm	8.1k	SW
RACE 10	14:00 pm	9.8k	SM