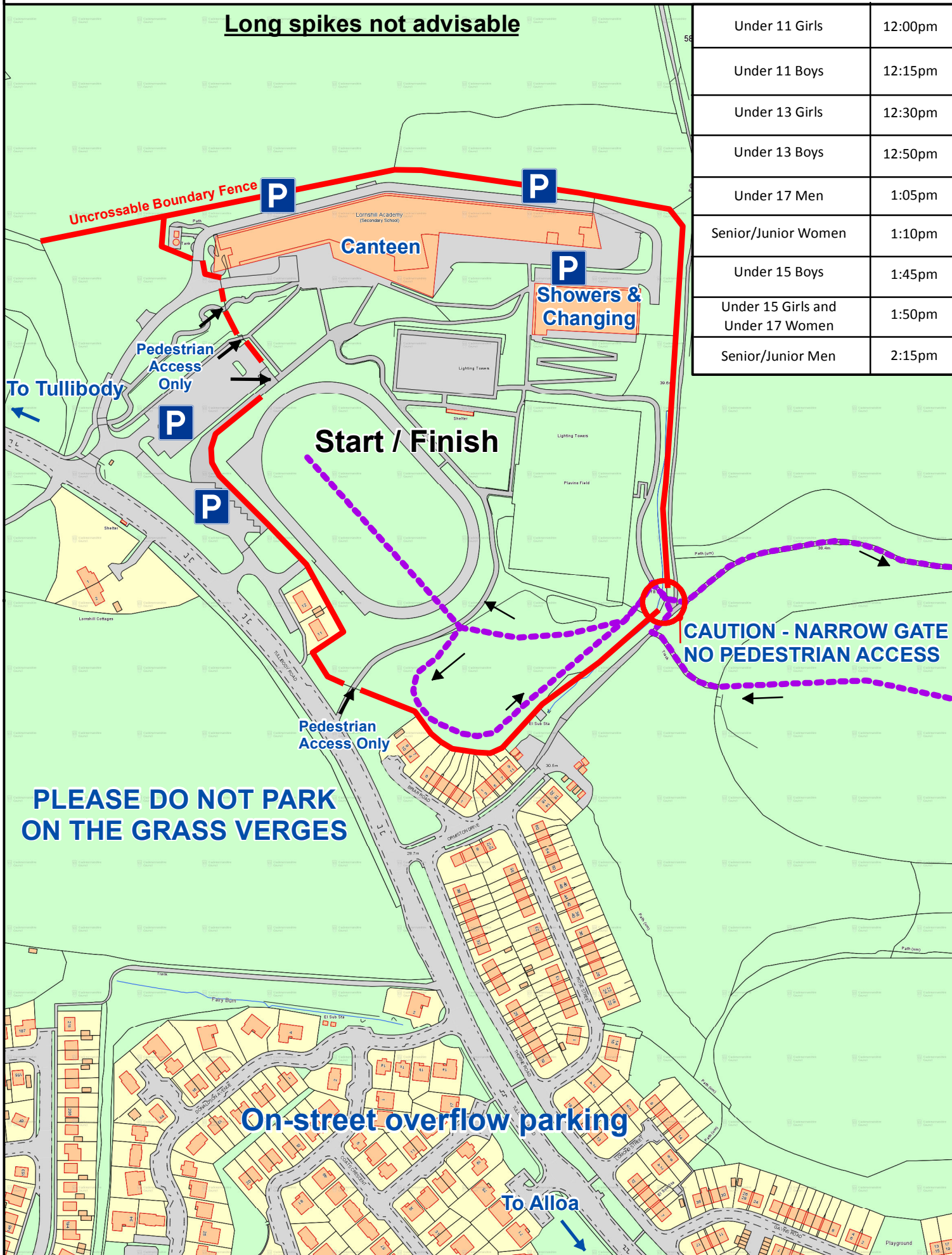


# East District Cross Country League - Lornshill Academy, Alloa, FK10 2ES

## Saturday 22nd November 2014

**Long spikes not advisable**

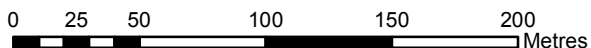
Under 11 Girls	12:00pm
Under 11 Boys	12:15pm
Under 13 Girls	12:30pm
Under 13 Boys	12:50pm
Under 17 Men	1:05pm
Senior/Junior Women	1:10pm
Under 15 Boys	1:45pm
Under 15 Girls and Under 17 Women	1:50pm
Senior/Junior Men	2:15pm



**PLEASE DO NOT PARK ON THE GRASS VERGES**

**On-street overflow parking**

Scale 1:3,000 @ A4



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