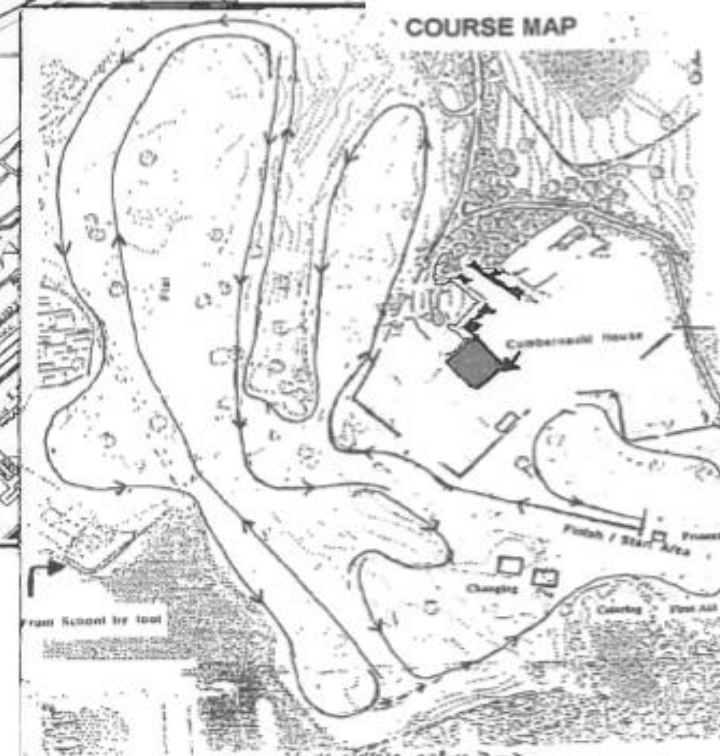
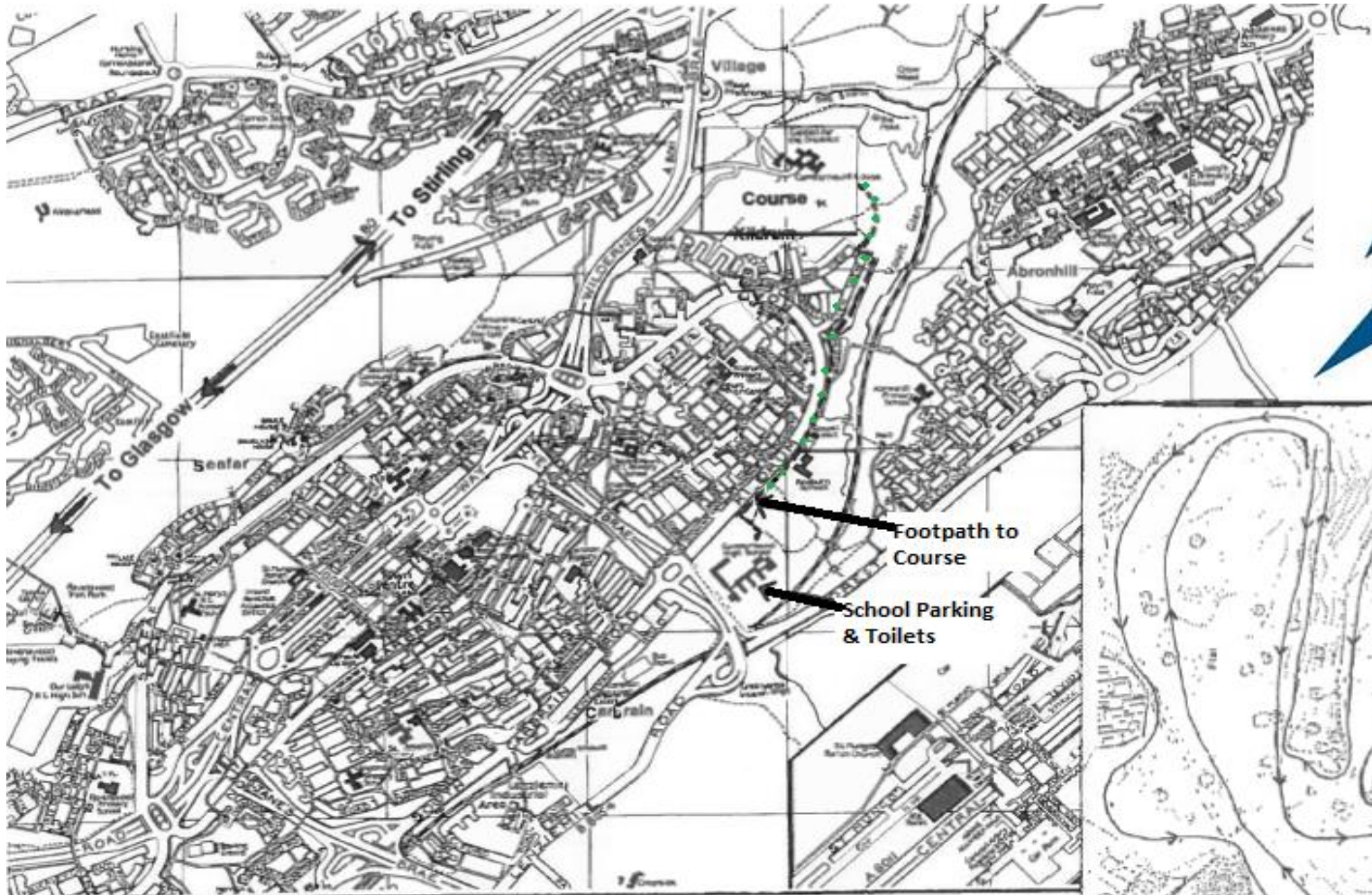


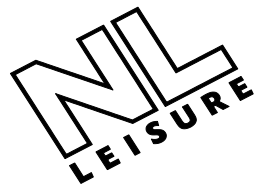
Lindsays scottishathletics National Cross Country Relay Championships

Saturday 22nd October 2016

Cumbernauld Park



<u>Race</u>	<u>Declarations Close</u>	<u>Race Starts</u>	<u>Laps</u>
Young Females	1130hrs	1200hrs	3x2500m
Young Males	1210hrs	1240hrs	3x2500m
Sen/Jun Females	1250hrs	1320hrs	4x4000m
Sen/Jun Males	1415hrs	1445hrs	4x4000m



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