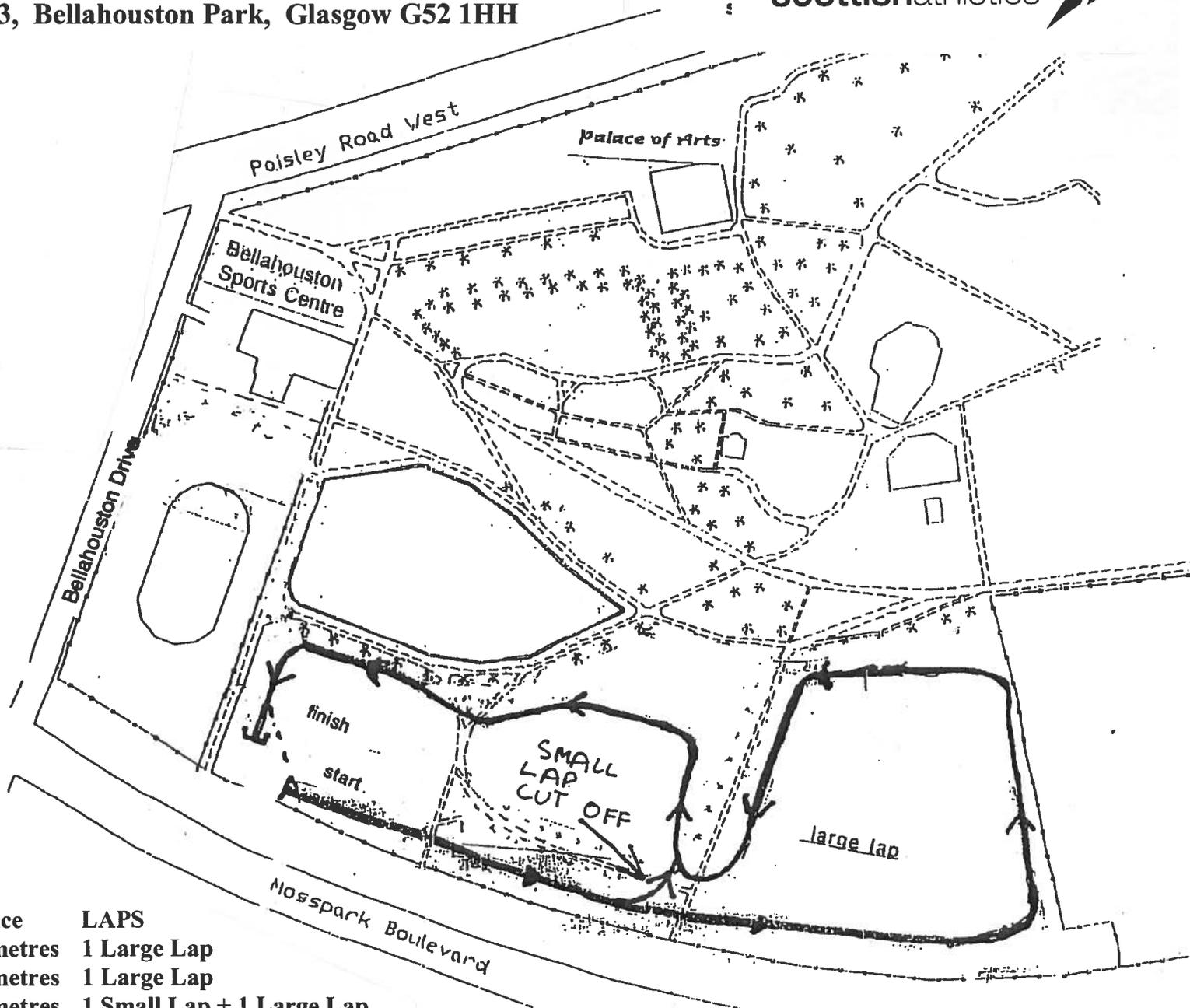


NATIONAL SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS
SUNDAY 10th November 2013, Bellahouston Park, Glasgow G52 1HH



Race	Start	Distance	LAPS
Under 15 Girls	11.00	2000 metres	1 Large Lap
Under 15 Boys	11.15	2000 metres	1 Large Lap
Under 17 Women	11.30	3000 metres	1 Small Lap + 1 Large Lap
Under 17 Men	11.50	3000 metres	1 Small Lap + 1 Large Lap
Sen /Jun Women	12.10	4000 metres	2 Large Laps
Sen / Jun Men	12.35	4000 metres	2 Large Laps