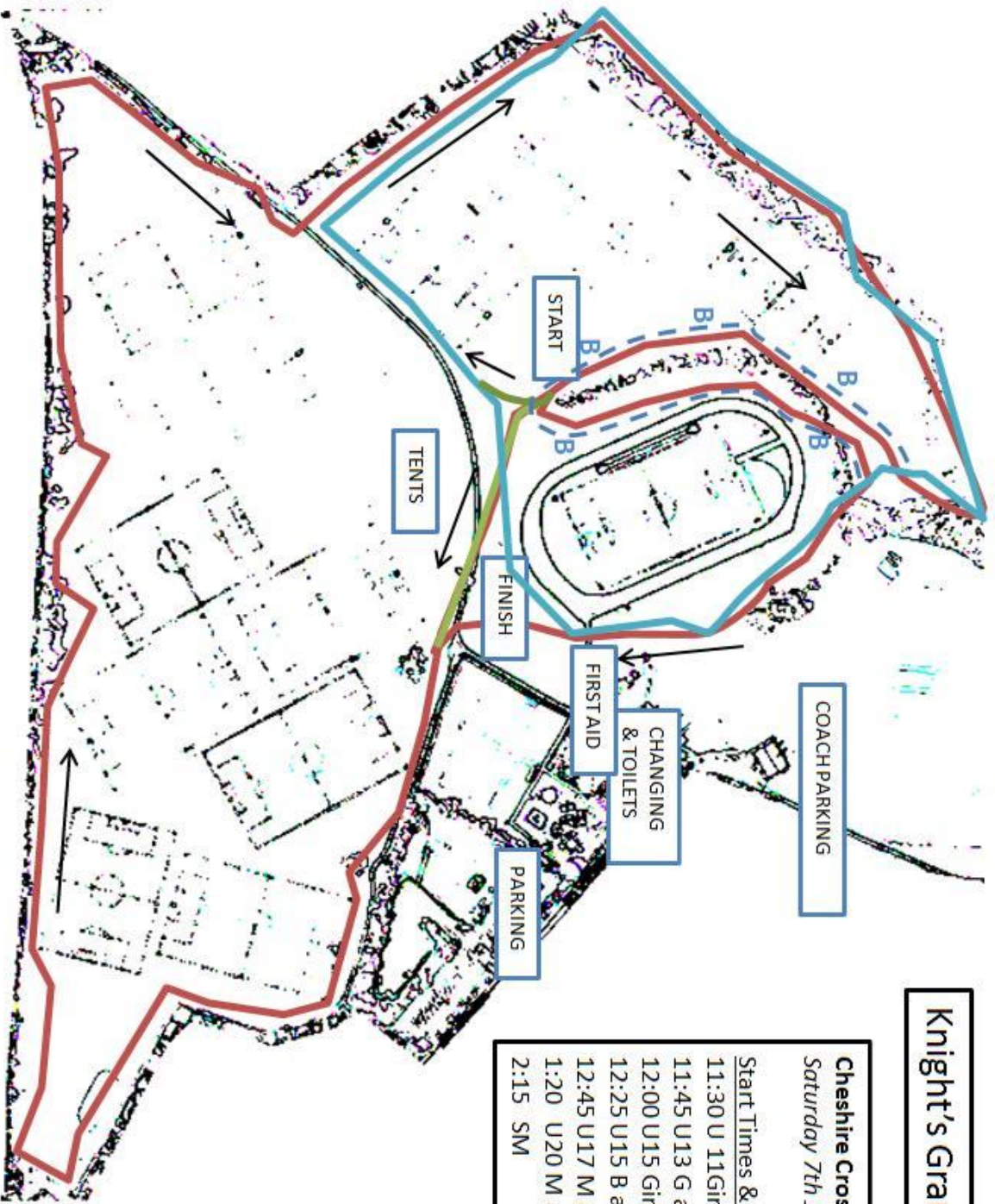


# Knight's Grange Sports Complex

**Cheshire Cross Country Championships**  
*Saturday 7th January 2012*

Start Times & Race Distances		
11:30 U 11 Girls and Boys	2k	
11:45 U13 G and B	3k	
12:00 U15 Girls	3.5k	
12:25 U15 B and u17	4.5k	
12:45 U17 M and u20 W	6k	
1:20 U20 M and SL	8k	
2:15 SM	11k	



**NB. CLOCKWISE ROUTES**

- Start Lap Only
- Small Lap
- - - Extension to Small Lap
- Large Lap

U11G&B = 2 small laps . U13B/U13G = 3 small laps. U15G = 1 small & 1 large lap. U15B/U17G = 3 small including loop (B)  
 U17B & U20L 1 small & 2 large laps Senior Ladies/U20M 3 large laps . Senior & Veteran Men = 4 large.