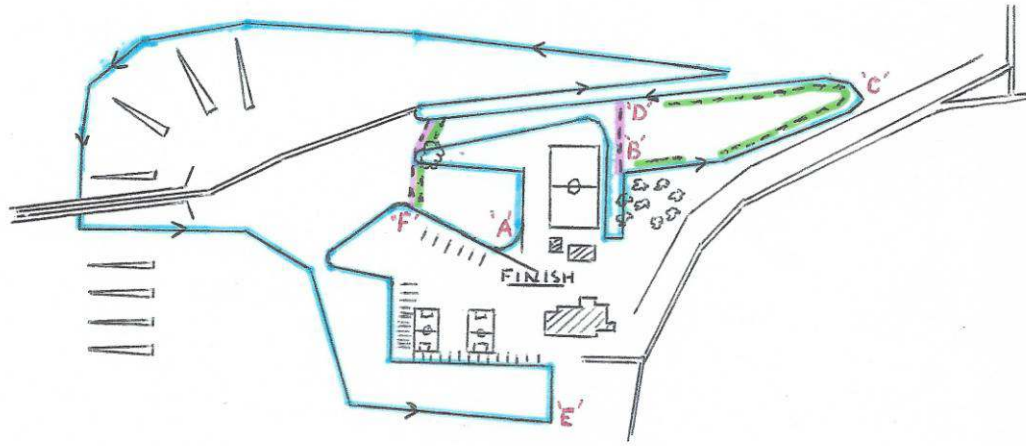


LOFTUS + WHITBY A/C
CROSS COUNTRY



- LARGE LAP A B C D E F
- MEDIUM LAP A B C D F
- SMALL LAP A B D F

TIMETABLE

11:00 AM	1.7k	U11 BOYS & GIRLS	2 SMALL LAPS
11:15 AM	3.1k	U13 BOYS & GIRLS	1 LARGE LAP
11:35 AM	4.2k	U15 BOYS & GIRLS	1 MEDIUM + 1 LARGE LAPS
12:00 PM	6.2k	U17/U20/SENIOR/VET LADIES U17 MEN & VET MEN OVER 65	2 LARGE LAPS
12:30 PM	9.3k	U20/SENIOR & VET MEN	3 LARGE LAPS

* PLEASE NOTE THAT PART OF THE OLD RAILWAY HAS BEEN TARMACKED SO IT IS RECOMMENDED SPIKES TO BE NO LONGER THAN 6mm.