

Timetable

Start	Race	Distance	Presentation
11:00hrs	Under 20 Men	8,000m	13.00 pm
11:30hrs	Under 13 Girls	3,000m	13.00 pm
11:45hrs	Senior Women	8,000m	13.00 pm
12:35hrs	Under 15 Boys	4,000m	13.00 pm
12:55hrs	Under 17 Women	5,000m	14.45 pm
13:15hrs	Under 17 Men	6,000m	14.45 pm
13:40hrs	Under 13 Boys	3,000m	14.45 pm
14:00hrs	Under 20 Women	6,000m	14.45 pm
14:20hrs	Under 15 Girls	4,000m	14.45 pm
14:45hrs	Senior Men	10,000m	15.30 pm