

**McCain World Cross County Trials
Including Inter Counties & UK Cross Challenge Final**

Saturday 13th March 2010

TIMETABLE

Start	Race	Distance
11.05 hrs	Under 20 Men	8,000m
11.33 hrs	Under 13 Boys	3,000m
11.51 hrs	Senior Women	8,000m
12.23 hrs	Under 15 Boys	4,500m
12.42 hrs	Under 17 Women	5,000m
13.08 hrs	Under 20 Women	6,000m
13.33 hrs	Under 13 Girls	3,000m
13.53 hrs	Under 17 Men	6,000m
14.15 hrs	Under 15 Girls	4,000m
14.36 hrs	Senior Men	12,000m