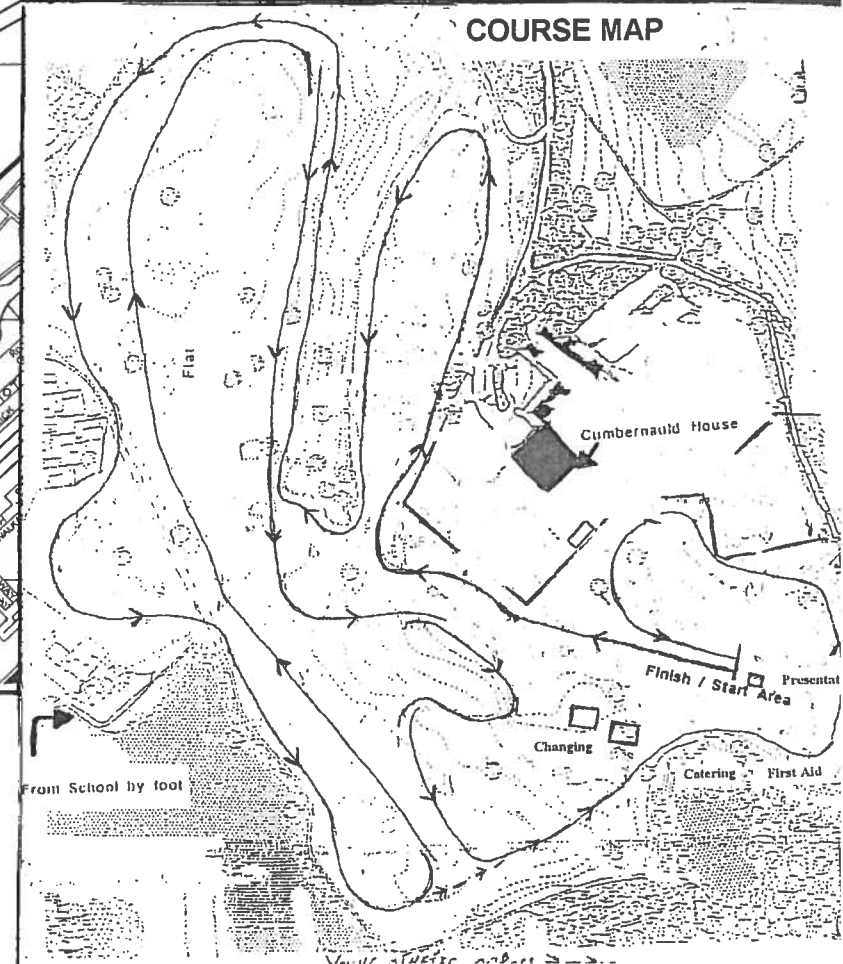
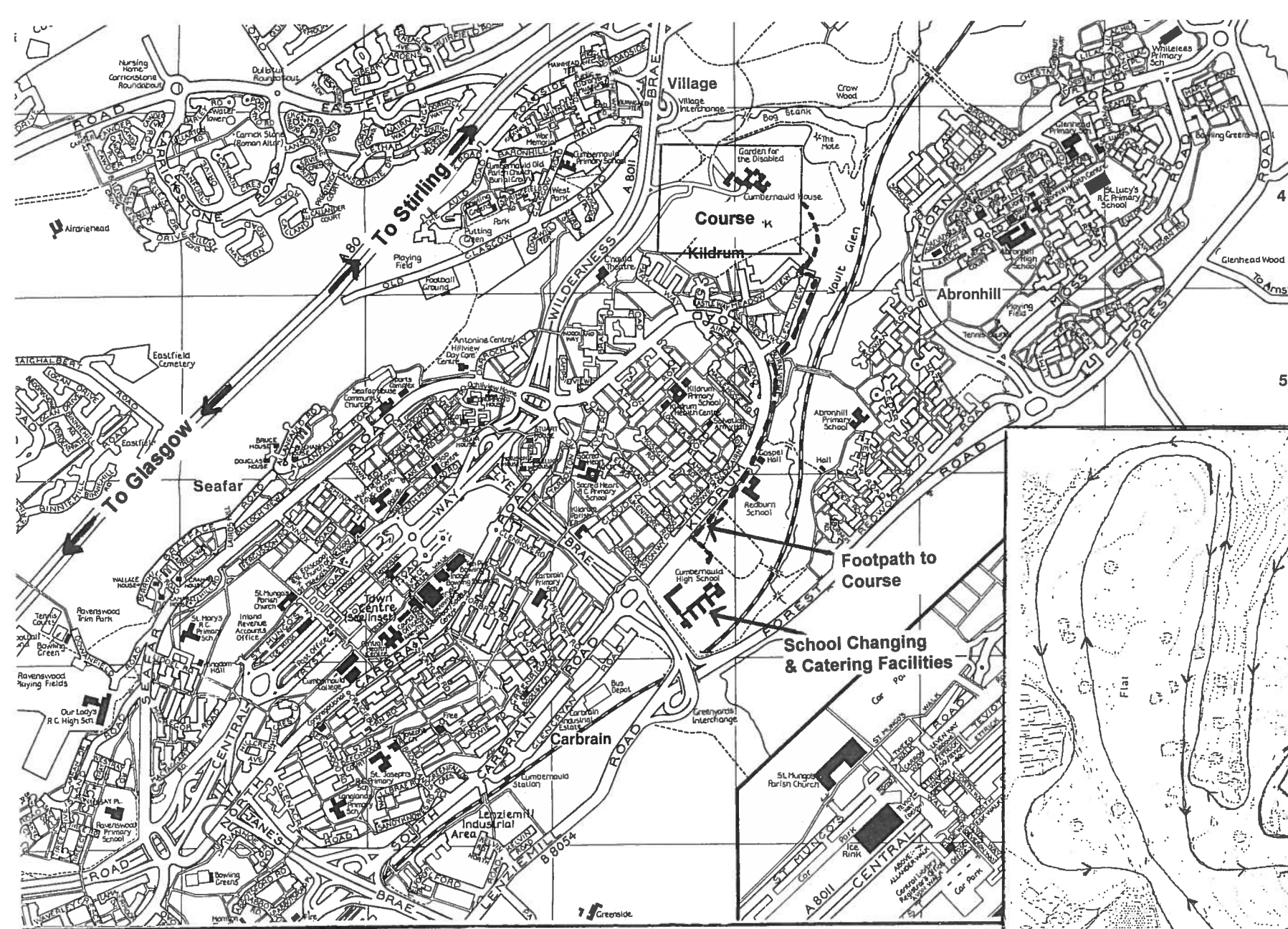


Scottish Athletics NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS

Sponsored by
North Lanarkshire Council



Race Programme

Race	Start	Distance
Young Females	12.30pm	3 x 2500metres
Young Males	1.05pm	3 x 2500metres
Sen / Jun Women	1.40pm	3 x 4000metres
Sen / Jun Men	2.40pm	4 x 4000metres