

Woody's Express Parcels

Western Isles

Cross-Country Championships

Saturday 4th March 2017

at the Lews Castle Green

Schedule

Under 17 men, all U-20's & seniors 10.45

Under 17w, U15b & U15g @ 12.00

Under 9 Boys @ 12.30 – Girls @ 12.35

Under 11 Boys @ 12.40 – Girls @ 12.50

Under 13 Boys & Girls @ 13.00

**PRIZES AWARDED AT BRIDGE CENTRE
- approx 13.30**

Register at the Bridge Centre

From 10.00am to 11.15am

Schools use pre-registration forms

Entry, Under 20 & senior £4.00 - Under 9's – U17's £2.00

Please note the race timetable needs to be flexible so be ready to run slightly before or after the time given.

**Please park cars at the Castle College - NOT the Woodlands Centre.
Dress warm – stay warm – have a great day!**