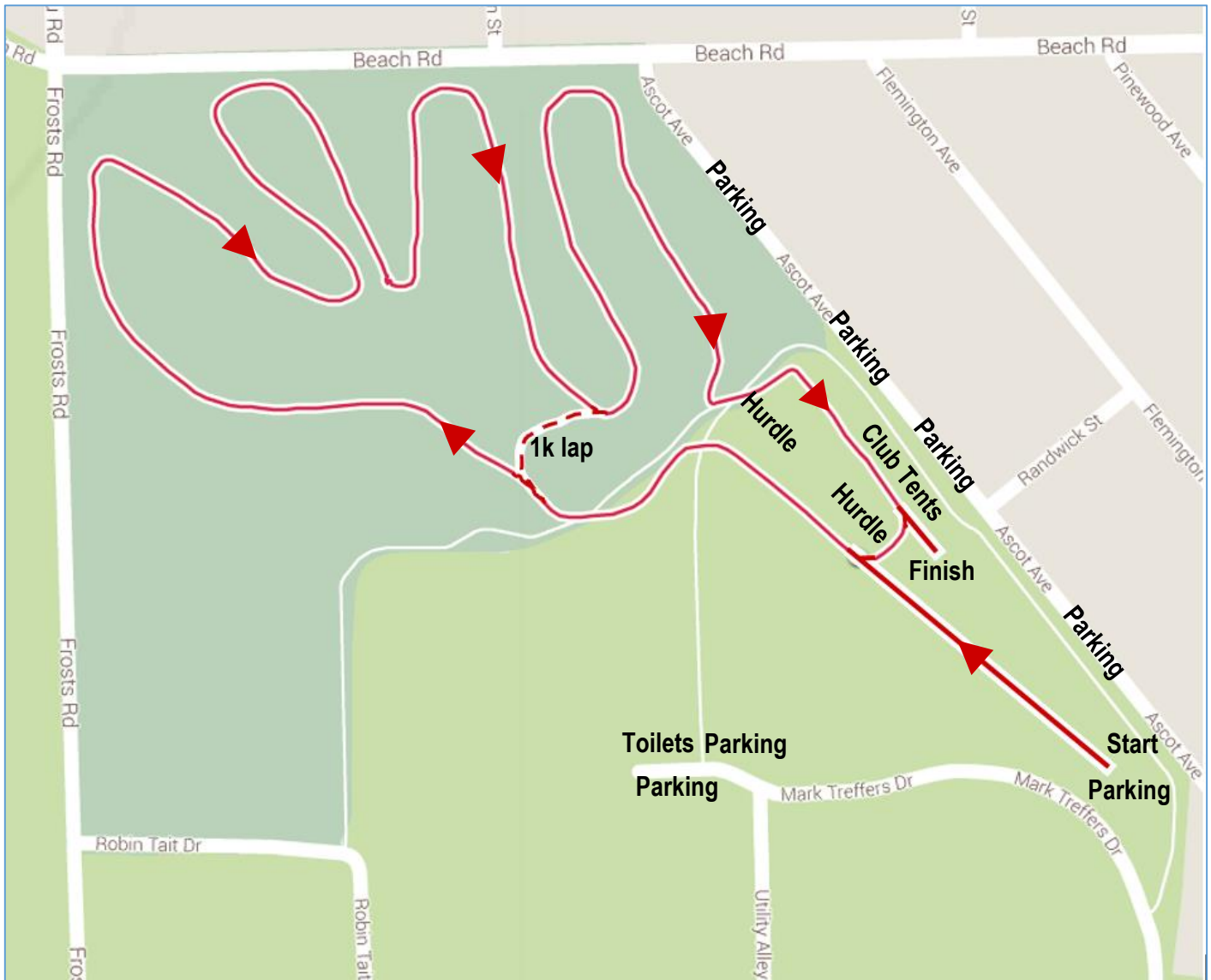


2016 South Island Cross Country Championships

Ascot Golf Course, QE2 Park – Saturday 9th July 2016



Programme – all races complete the 1k lap first

1.15pm	Girls & Boys 11; 12; 13; 14	3000m	1.5 laps
1.40pm	Girls & Boys 8 & under; 9; 10	2000m	2 laps of 1k course
1.55pm	Youth Women	5000m	2.5 laps
	Junior Women	5000m	2.5 laps
	Open Women (incl. Senior 20-34)	5000m	2.5 laps
	Masters Women 35 – 49	5000m	2.5 laps
	Masters Women 50 and over	5000m	2.5 laps
2.30pm	Youth Men	5000m	2.5 laps
	Junior Men	7000m	3.5 laps
	Open Men (incl. Senior 20-34)	9000m	4.5 laps
	Masters Men 35 – 49	9000m	4.5 laps
	Masters Men 50 and over	9000m	4.5 laps
	Masters Men 65 and over	7000m	3.5 laps
	Masters Men 80 and over	5000m	2.5 laps

Medals for all grades will be presented as soon as possible after each race finishes

