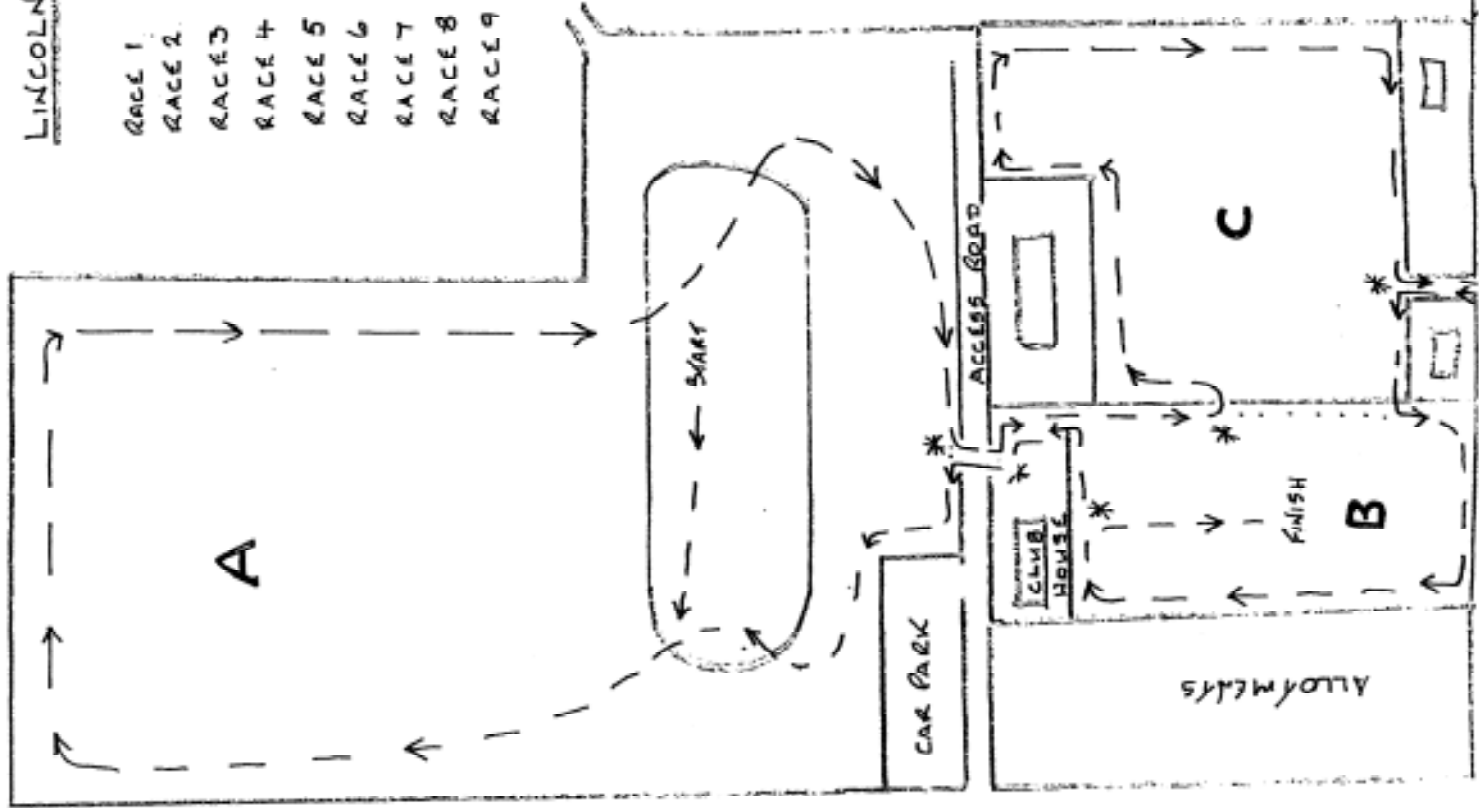


LINCOLNSHIRE CROSS-COUNTRY CHAMPIONSHIPS - LONDON ROAD, LOUTH (11th JANUARY 2009)

RACE	U111 GIRLS AND BOYS	11.50	A B	1730 METRES
RACE 2	SENIOR JUNIOR/VETERAN MEN	12.00	A C B A C D B A C D B	9690 METRES
RACE 3	U13 GIRLS	12.02	A A B	3060 METRES
RACE 4	U13 BOYS	12.10	A A B	3060 METRES
RACE 5	U15 GIRLS	12.40	A C D B	3710 METRES
RACE 6	U17 MEN	12.45	A B A C D B	5440 METRES
RACE 7	U17 JUNIOR/VETERAN WOMEN	12.55	A B A C D B	5440 METRES
RACE 8	U15 BOYS	13.00	A C D B	3710 METRES
RACE 9	SENIOR WOMEN	13.20	A C D B A C D B	7450 METRES



NOTES.

1. FIRST AID BRITISH RED CROSS
2. DO NOT DROP ANY LITTER. ALL FIELDS ARE USED FOR GRAZING
3. LOUTH AC MARSHALLS AT ALL POINTS - *
4. REGISTRATION, TOILETS AND REFRESHMENTS ALL AVAILABLE IN THE CLUB HOUSE
5. KEEP THE SHARED ACCESS ROAD CLEAR AT ALL TIMES
6. PRIZE PRESENTATION AT CLUB HOUSE