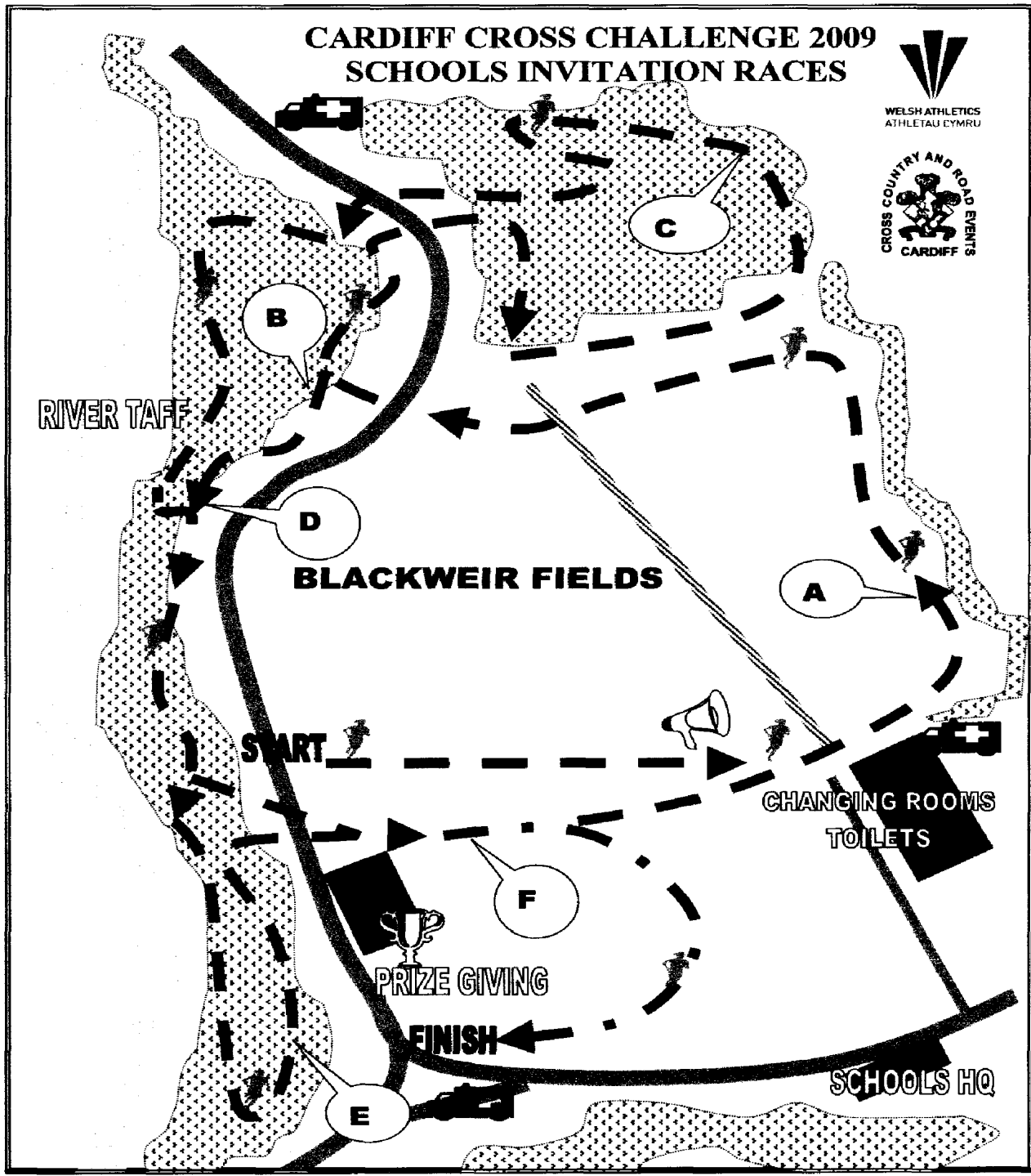


CARDIFF CROSS CHALLENGE 2009 SCHOOLS INVITATION RACES



**Cardiff X Challenge 2009 - Sunday, January 18th, 2009 - Blackweir
Race Timetable – version 2 (12/2008)**

	Time	Age Group	Distance	Course
1	11:00	Primary Schools' Boys	1300m	
2	11:05	Primary Schools' Girls	1300m	
3	11:10	U20 Women & Senior Girls	4800m	Start – ABDEF – ABCDEF - Finish
4	11:30	U20 Men & Senior Boys	6500m	Start – ABDEF – ABDEF – ABCDEF - Finish
5	12:00	U13 & Year 7 Girls	3000m	Start – ABCDEF - Finish
6	12:10	U13 & Year 7 Boys	3000m	Start – ABCDEF - Finish
7	12:30	BMC Mixed Race	3000m	
8	12:40	Senior Men	10200m	
9	13:20	U15 & Junior Girls	3600m	Start – ABDF – ABCDEF - Finish
10	13:40	U15 & Junior Boys	4200m	Start – ABDF – ABCDEF - Finish
11	14:00	Senior Women	6500m	
12	14:40	U17 Men & Inter Boys	5900m	Start – ABCDEF – ABCDEF - Finish
13	14:35	U17 Women & Inter Girls	4200m	Start – ABDF – ABCDEF - Finish
14	15:00	Mixed Masters	6500m	