

Merseyside XC Championships 2022 - Sherdley Park : Saturday 8th January.



10:45	U11	1.5K	1 small
11:00	U13G	3.3K	1 long
11:20	U13B	3.3K	1 long
11:40	U15G	4.4K	2 short
12:00	U15B	4.4K	2 short
12:20	U17/U20W	4.4K	2 short

12:50	U17M	5.5K	1 short, 1 long
13:15	SW	7.7K	1 long, 2 short
14:00	U20M	8.8K	1 short, 2 long
14:00	SM	12.1K	1 short, 3 long

long lap	3.3K	ABCDEFG
short lap	2.2K	ABC EFG
small lap	1.5K	AB B1 C EFG