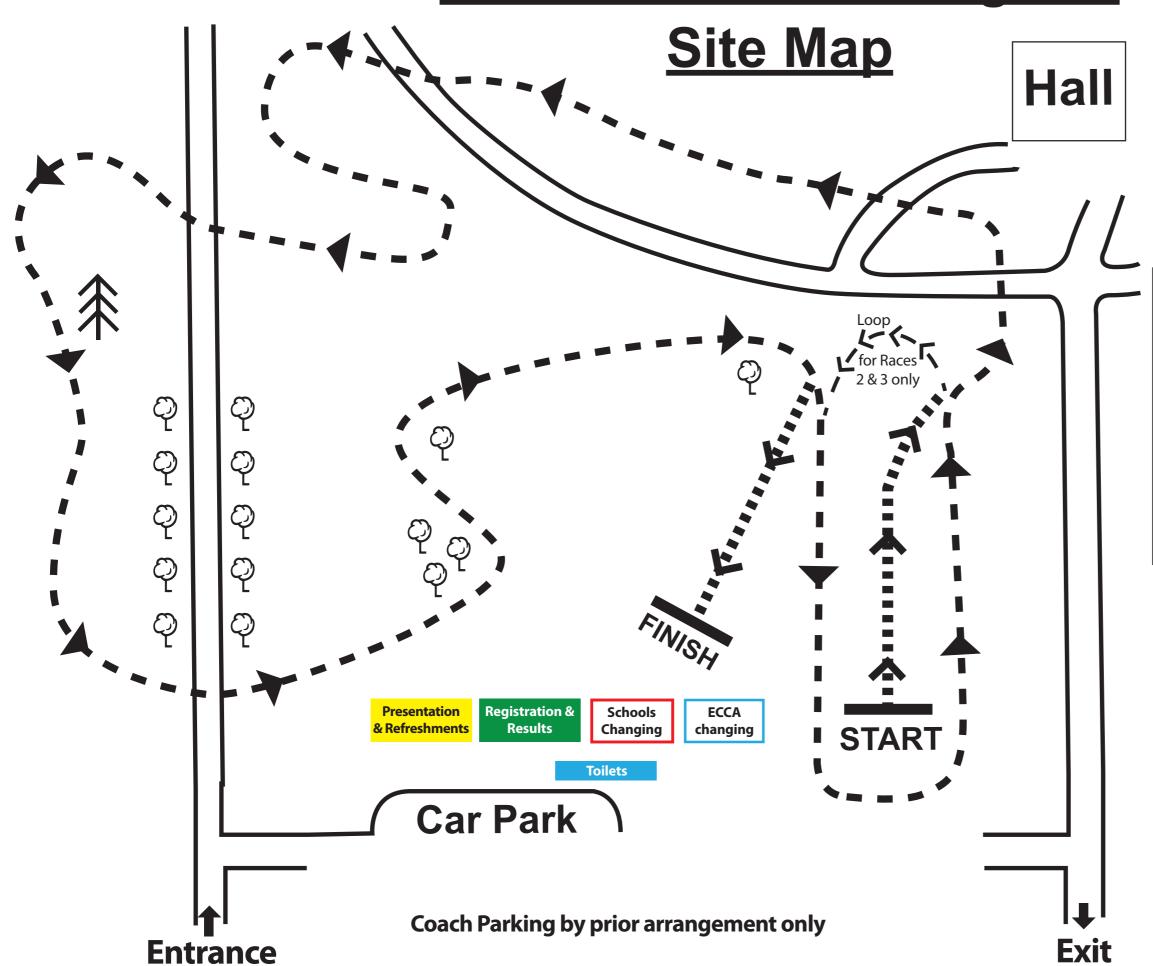
Home Countries International 2018 Wollaton Park, Nottingham







Event Time Distance Laps				
1.)	11.30am	Junior Girls	4K	2 Laps
2.)	11.50am	Junior Boys	4.5K	2 Laps + Loop
3.)	12.15pm	Inter Girls	4.5K	2 Laps + Loop
4.)	12.45pm	Inter Boys	6K	3 Laps
5.)	1.15pm	Junior Women	6K	3 Laps
6.)	1.45pm	Junior Men	8K	3 Laps
7.)	2.15pm	Senior Women	8K	4 Laps
8.)	2.45pm	Senior Men	10K	5 Laps
I				





