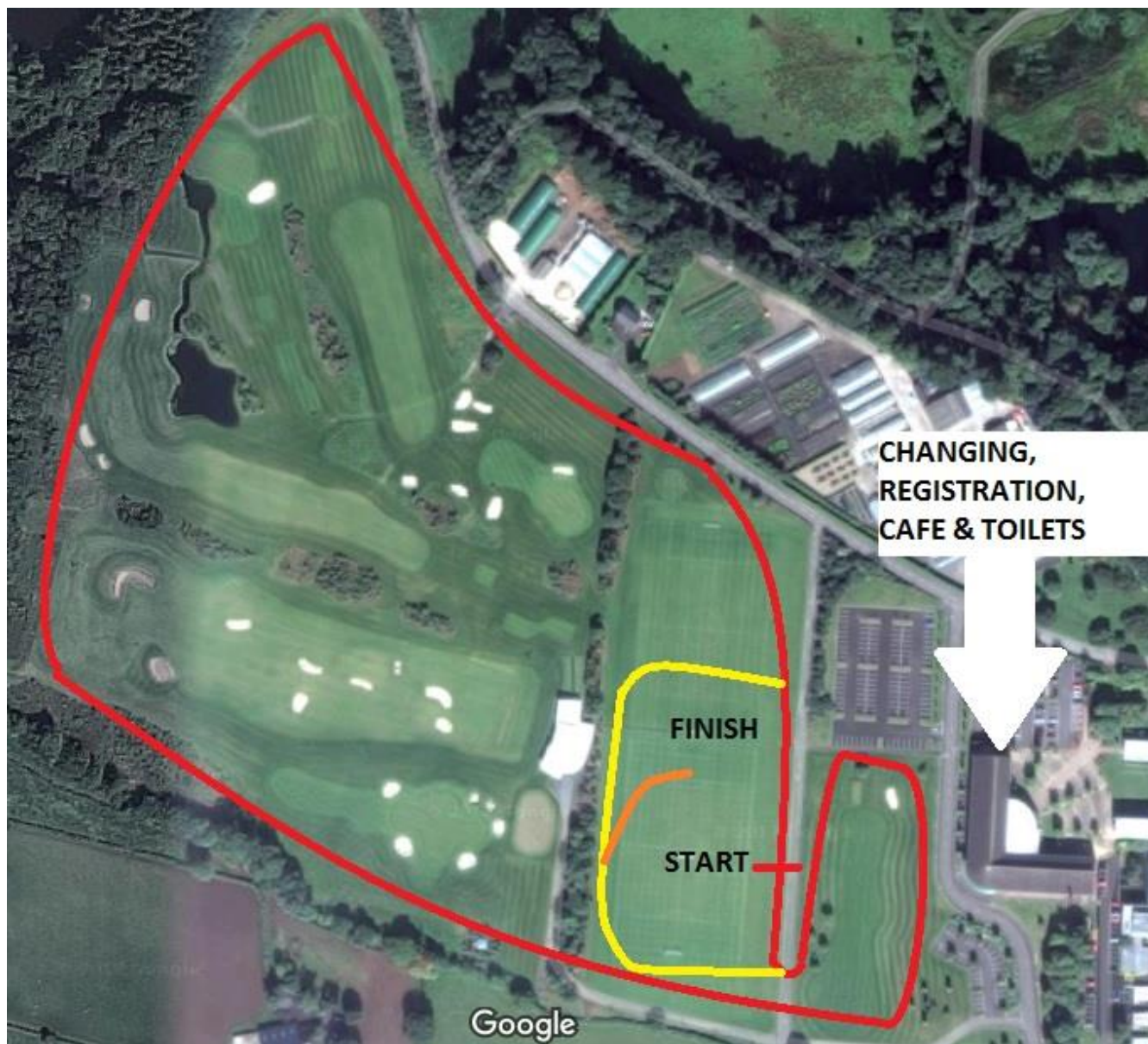


IAAF ANTRIM INTERNATIONAL CROSS COUNTRY



RED LAP = 1800m approx

YELLOW + RED LAP (SENIOR MEN ONLY) = 2000m approx

Start and finish same for all races