



Northern Athletics 6, 4 & YA relays  
Eastlands Manchester 25th Sep 2016  
U13 & u15 ages 1 yellow lap 3100m  
U17 ages 1 yellow lap with the red extension lap 3700m  
Senior Women 2 yellow laps 5400m  
Senior men 2 yellow laps with the red extn lap added 6800m. (Runners in the senior races do not enter the stadium after lap 1)

53°29'06.26" N 2°11'59.66" W