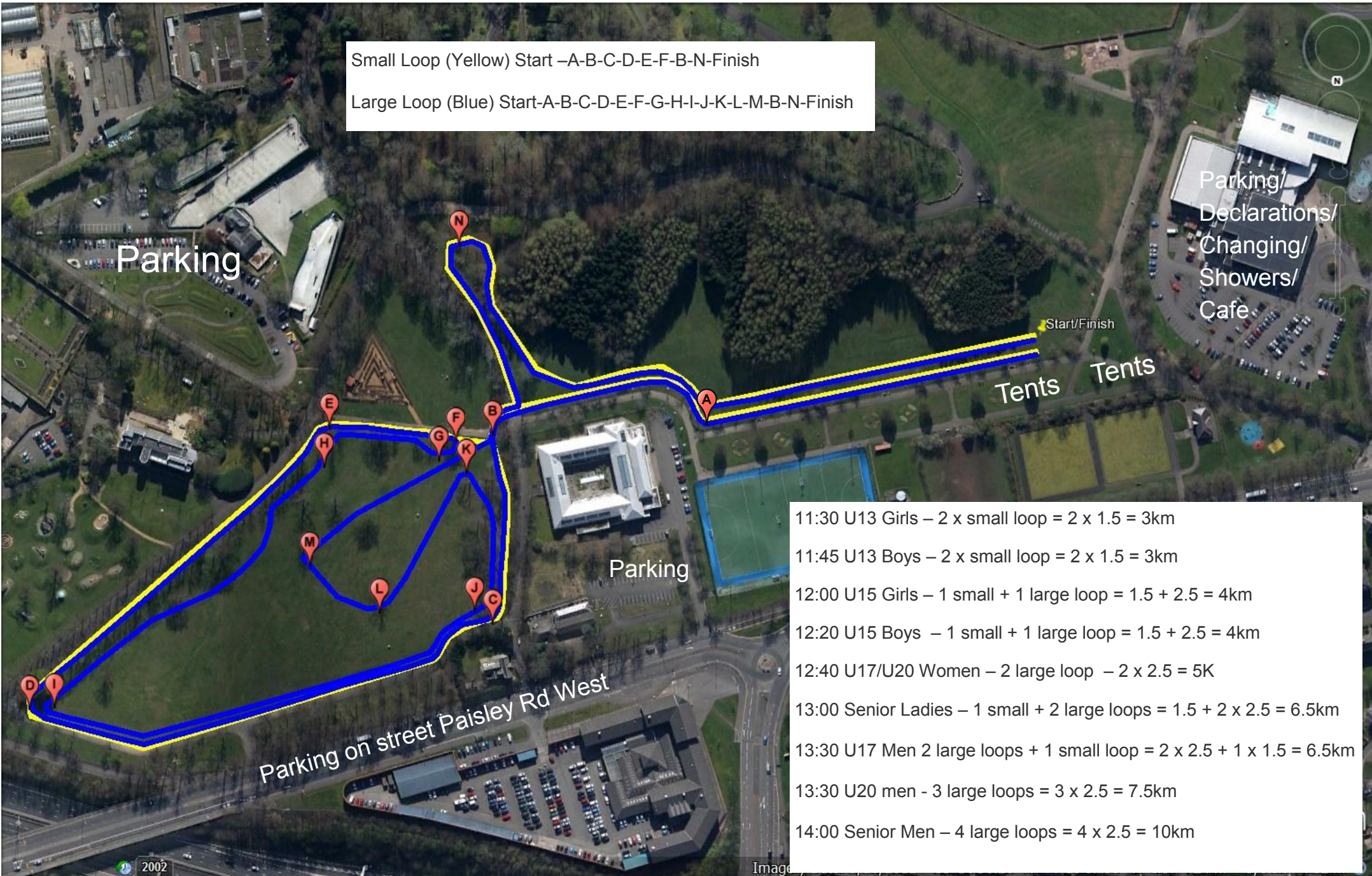


Small Loop (Yellow) Start –A-B-C-D-E-F-B-N-Finish
 Large Loop (Blue) Start-A-B-C-D-E-F-G-H-I-J-K-L-M-B-N-Finish



- 11:30 U13 Girls – 2 x small loop = 2 x 1.5 = 3km
- 11:45 U13 Boys – 2 x small loop = 2 x 1.5 = 3km
- 12:00 U15 Girls – 1 small + 1 large loop = 1.5 + 2.5 = 4km
- 12:20 U15 Boys – 1 small + 1 large loop = 1.5 + 2.5 = 4km
- 12:40 U17/U20 Women – 2 large loop – 2 x 2.5 = 5K
- 13:00 Senior Ladies – 1 small + 2 large loops = 1.5 + 2 x 2.5 = 6.5km
- 13:30 U17 Men 2 large loops + 1 small loop = 2 x 2.5 + 1 x 1.5 = 6.5km
- 13:30 U20 men - 3 large loops = 3 x 2.5 = 7.5km
- 14:00 Senior Men – 4 large loops = 4 x 2.5 = 10km