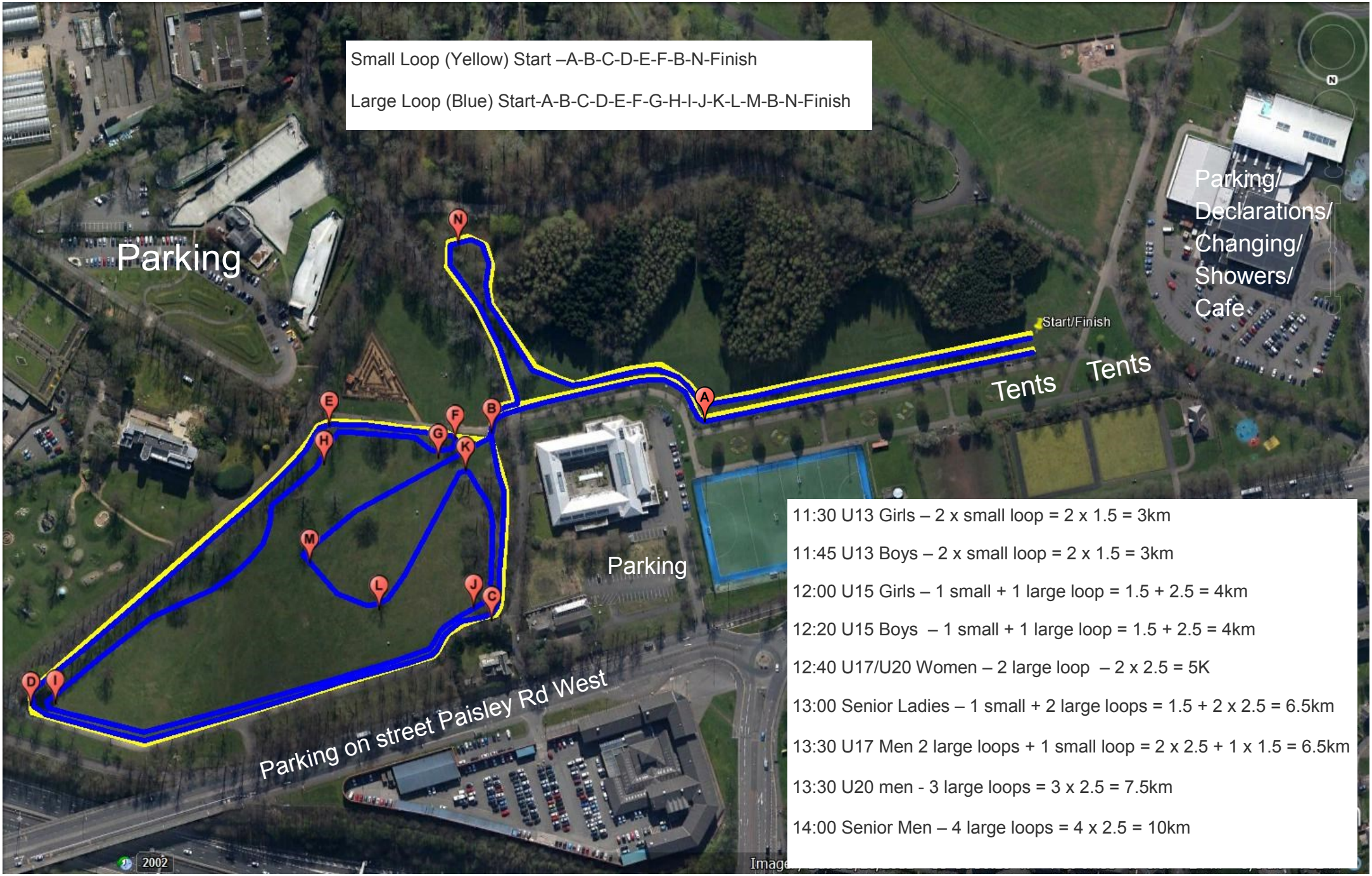

11:30 U13 Girls – 2 x small loop = 2 x 1.5 = 3km

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