



Age Group	Course Description	Distance
U11	1 small + finish	1.6km
U13	2 small + finish	3km
U15	1 med + finish	3.6 km
U17/U20 M & W	1 large + finish	5.1km
Snr W & Masters	2 med + finish	7.2km
Snr Men	2 large + finish	9.9km

### Race Timetable

- 11.30 Under 11 Girls
- 11.40 Under 11 Boys
- 11.50 Under 13 Girls
- 12.05 Under 13 Boys
- 12.20 Under 15 Girls
- 12.40 Under 15 Boys
- 13.00 Senior Women and Masters
- 13.45 Under 17/20 Women
- 14.10 Under 17/20 Men
- 14.35 Senior Men

Small Lap	A,B,F
Medium Lap	A,B,C,E,F
Large Lap	A,B,C,D,E,F