

COURSE MAP



TIMETABLE

<u>Race</u>	<u>Starts</u>	
U13 Girls	1130hrs	Under 13s Start – A-B-C-D-E-F-G-H-I- Finish (3.2km)
U13 Boys	1145hrs	Under 15s Start –A-C-D-F-G-I-START-A-C-D-F-G-I-Finish (4Km)
U15 Girls	1200hrs	Under 17s Start -A-C-D-E-F-G-H-I-Start-A-C-D-E-F-G-H-I-Finish (5.7Km)
U15 Boys	1220hrs	Under 20s Start – A-B-C-D-E-F-G-H-I-Start-A-B-C-D-E-F-G-H-I- Finish (6.4Km)
U17 Men	1240hrs	Seniors/Masters Start – A-C-D-E-F-G-H-I-Start-A-C-D-E-F-G-H-I-Start-A-C-D-E-F-G-H-I Finish (8.6Km)
U17 Women	1245hrs	
U20 Men	1305hrs	
U20 Women	1310hrs	
Sen/Mas Women	1335hrs	
Sen/Mas Men	1420hrs	