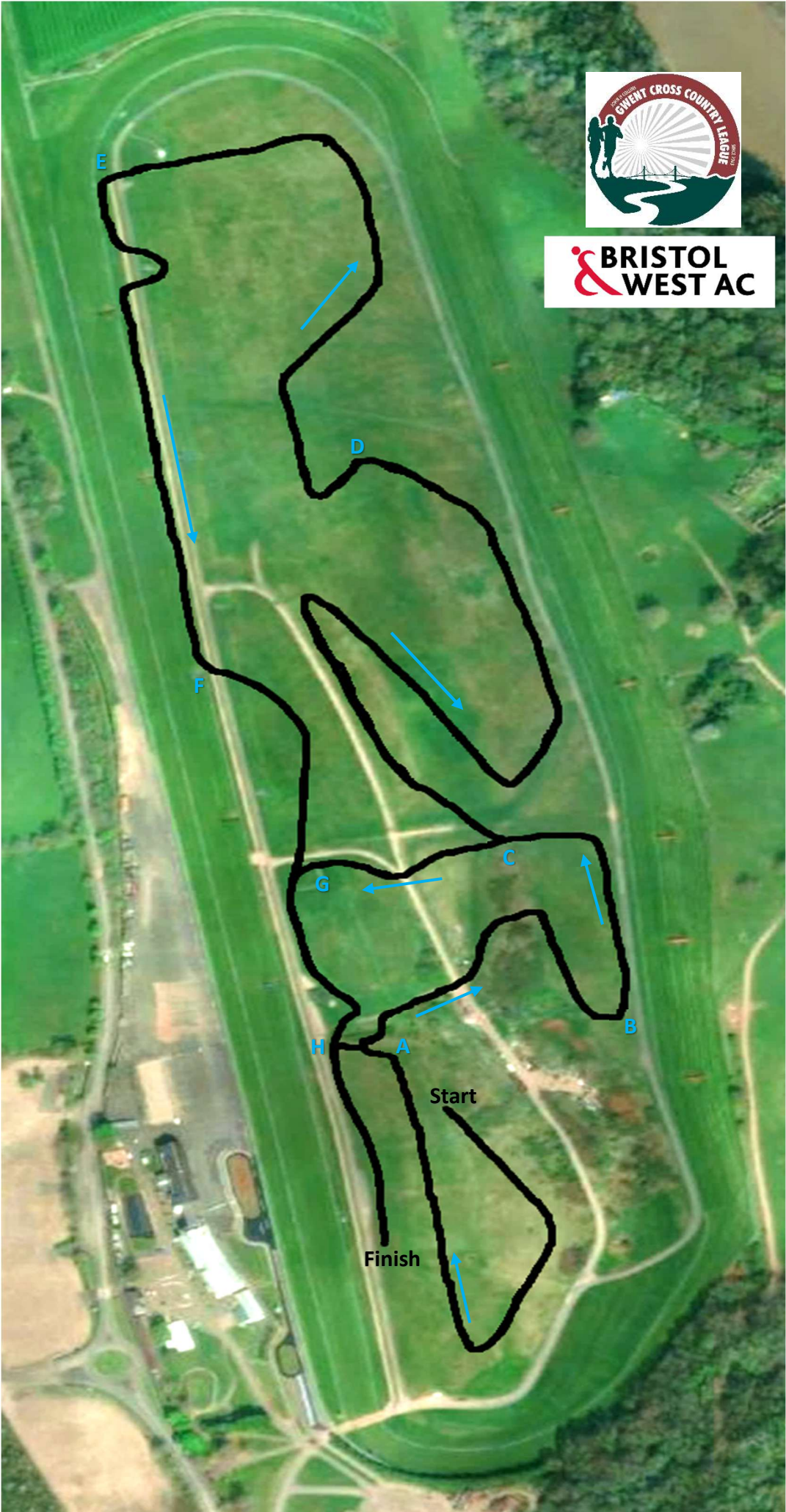




**BRISTOL
& WEST AC**



Race	Start Time	Age Group	Course	Distance
1	11:30	U11G	Start + 1 Small Lap + Finish	1750m
2	11:45	U11B	Start + 1 Small Lap + Finish	1750m
3	12:00	U13G	Start + 2 Small Laps + Finish	2700m
4	12:15	U13B	Start + 2 Small Laps + Finish	2700m
5	12:35	U15G	Start + 1 Large Lap + Finish	3750m
6	12:55	U15B	Start + 1 Large Lap + Finish	3750m
7	13:25	Snr Wmn & +65 Men	Start + 2 Large Laps + Finish	6750m
8	14:10	U17/U20G	Start + 1 Large + 1 Small + Finish	4750m
9	14:30	U17/U20B	Start + 1 Large + 1 Small + Finish	4750m
10	14:50	Snr Men & Masters	Start + 3 Large Laps + Finish	9700m

All distances are approximate

Start	Start > A	610m
Small Lap	A > B > C > G > H	950m
Large Lap	A > B > C > D > E > F > G > H	2960m
Finish	H > Finish	200m