



TIME TABLE All Distances are approximate

1. 11:00. U11 Girls – x1 Small Lap 1,630m
2. 11:10. U11 Boys – x1 Small Lap 1,630m
3. 11:30. U13 Girls – x1 Medium Lap 2,170m
4. 11:45. U13 Boys – x1 Medium Lap 2,170m
5. 12:00. U15 Girls – x1 Large Lap 2,400m
6. 12:30. U15 Boys – x1 Large Lap 2,400m
7. 13:15. S/Women & M65+ - x1 Small & x2 Large Laps 6,030m
8. 14:00. U17 & U20 Women – x1 Medium & Large Laps 4,570m
9. 14:25. U17 & U20 Men – x2 Large Laps 4,800m
10. 14:50. S/Men & Masters – 1x Small & x3 Large Laps 8,830m

COURSE LAPS

Small Lap: >A>B>D>E = 1,630m

Medium Lap: >A>C>D>E>F = 2,170m

Large Lap: >A>C>D>E>F>G = 2,400m

COURSE MAP SYMBOLS

- Race HQ 
- Toilets 
- Tents 
- Food Trailer 
- Marshals 
- First Aid 
- Start 

The Course is undulating and can be muddy
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