



Race Timetable

- 11:30 Under 11 Girls
- 11:40 Under 11 Boys
- 11:50 Under 13 Girls
- 12:10 Under 13 Boys
- 12:30 Under 15 Girls
- 12:55 Under 15 Boys
- 13:20 Senior Women & Masters
- 14:00 Under 17/20 Women
- 14:30 Under 17/20 Men
- 15:00 Senior Men

Under 11's (1.6Km) : A,B,D,E,J,K,Finish
 Under 13's (3Km) : 1 Small + A,B,D,E,J,K,Finish
 Under 15's (3.6Km) : 1 Medium + A,B,D,E,F,H,J,K,Finish
 Under 17/20 Women (4.6Km) : 1 Medium + A,B,D,E,F,G,H,J,K,Finish
 Under 17/20 Men (5.6Km) : 1 Large + A,B,D,E,F,G,H,J,K,Finish
 Snr W + Masters (6.4Km) : 1 Large + A,B,C,D,E,F,G,H,J,K,Finish
 Snr Men (9.6Km) : 1 Large + 1 Extended + A,B,C,D,E,F,G,H,J,K,Finish

Small lap : A,B,D,E,J,K,A
 Medium lap: A,B,D,E,F,H,J,K,A
 Large Lap: A,B,D,E,F,G,H,J,K,A
 Extended Lap: A,B,C,D,E,F,G,H,J,K,A