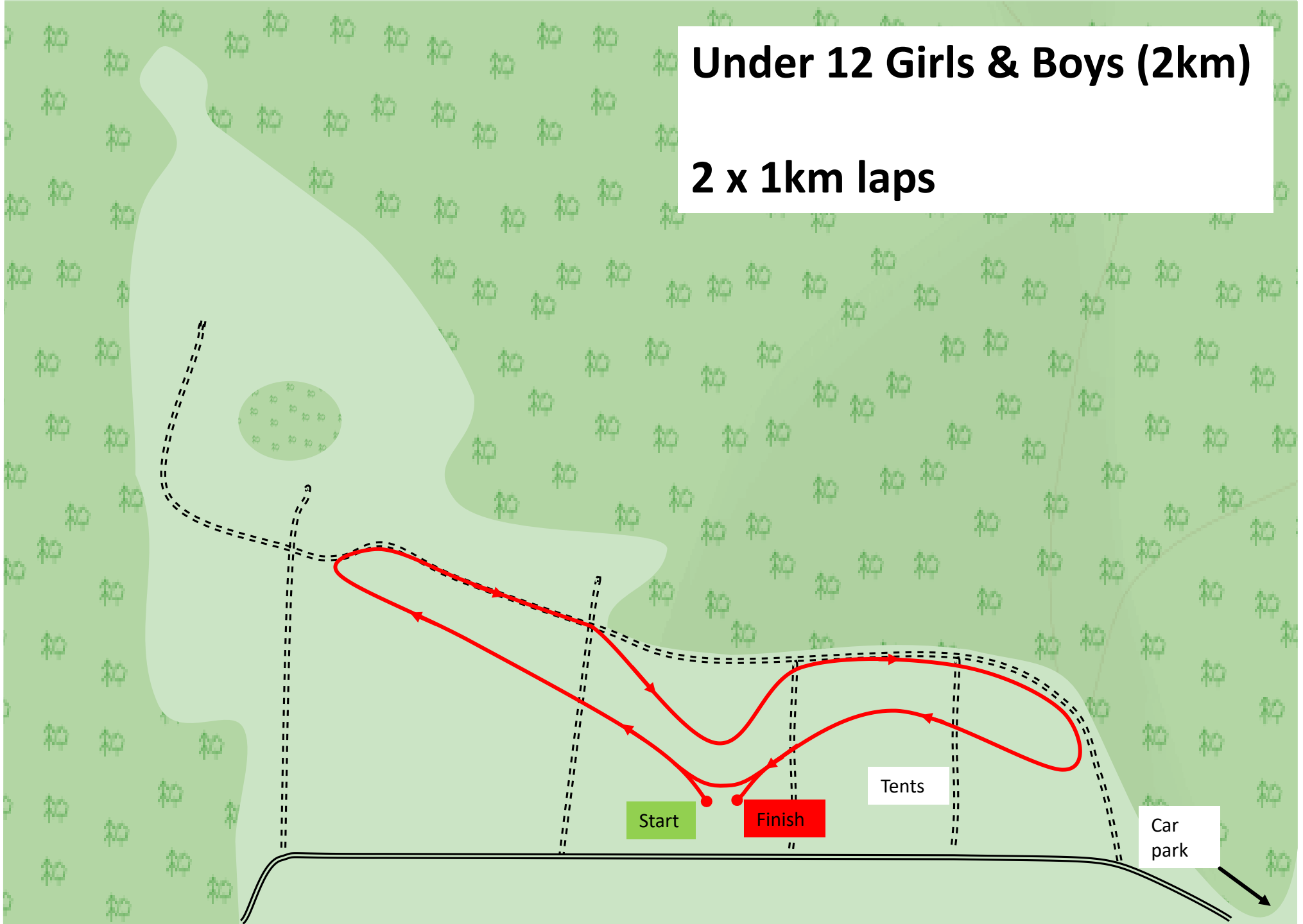
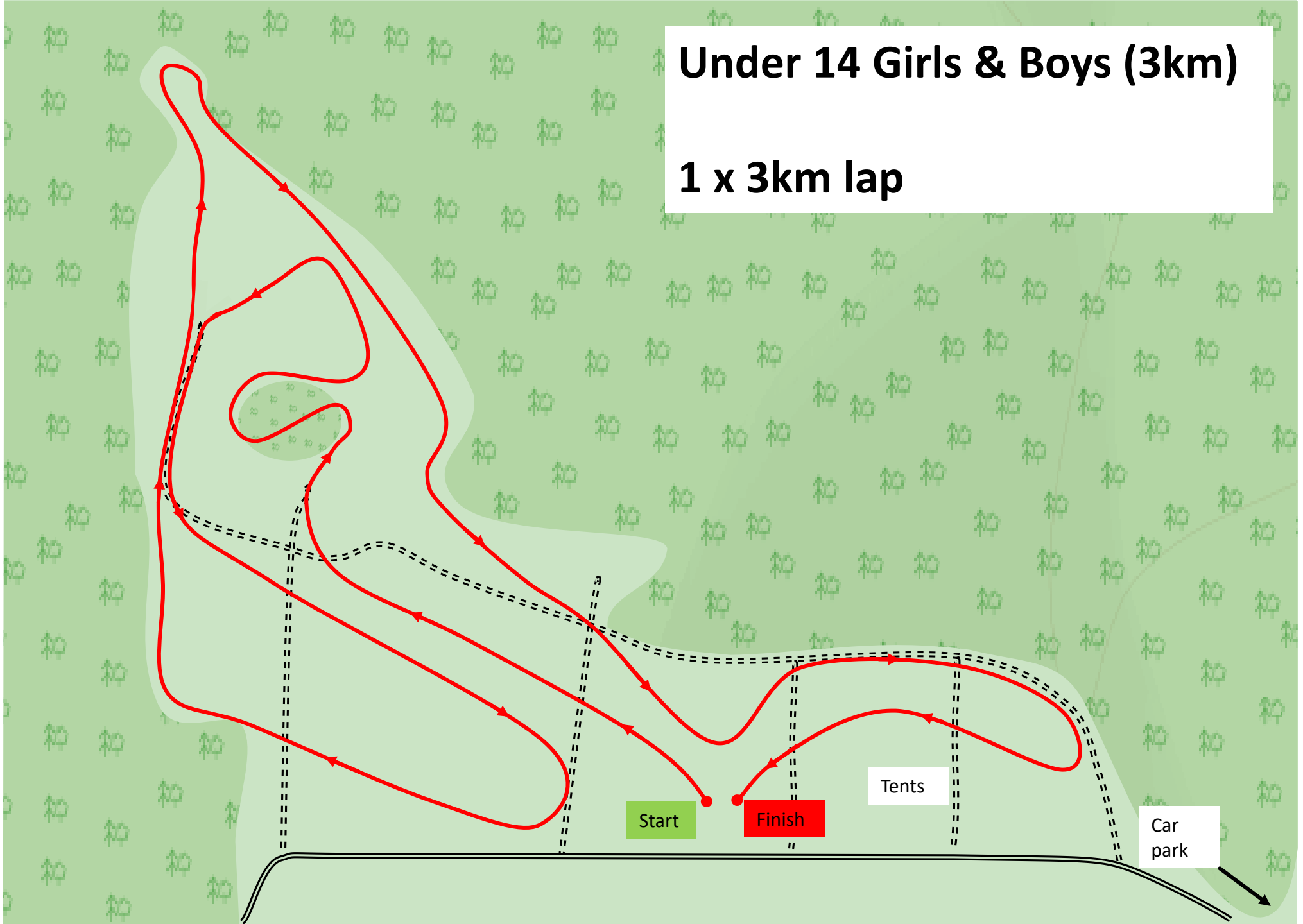
Under 12 Girls & Boys (2km)

2 x 1km laps



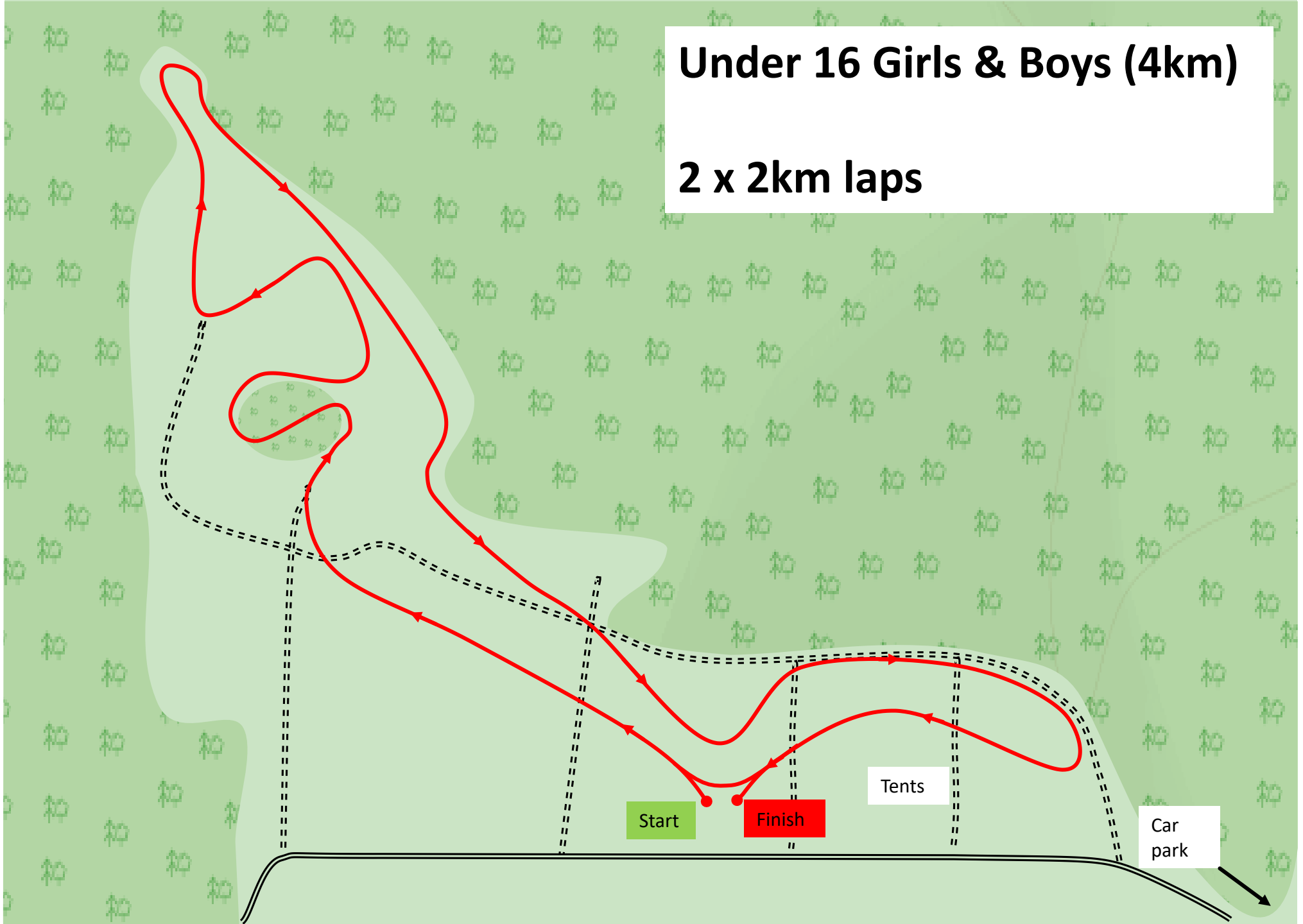
Under 14 Girls & Boys (3km)

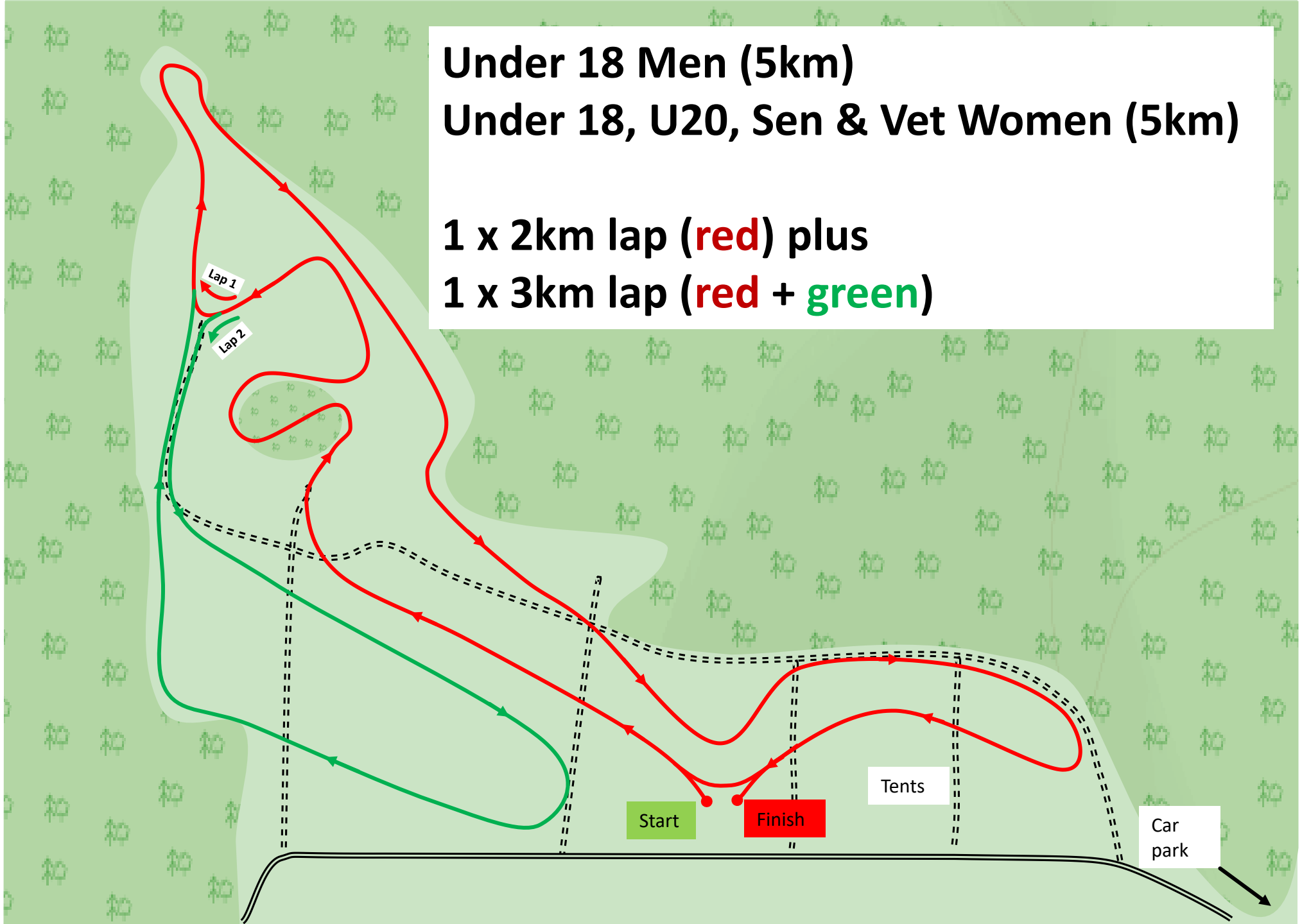
1 x 3km lap

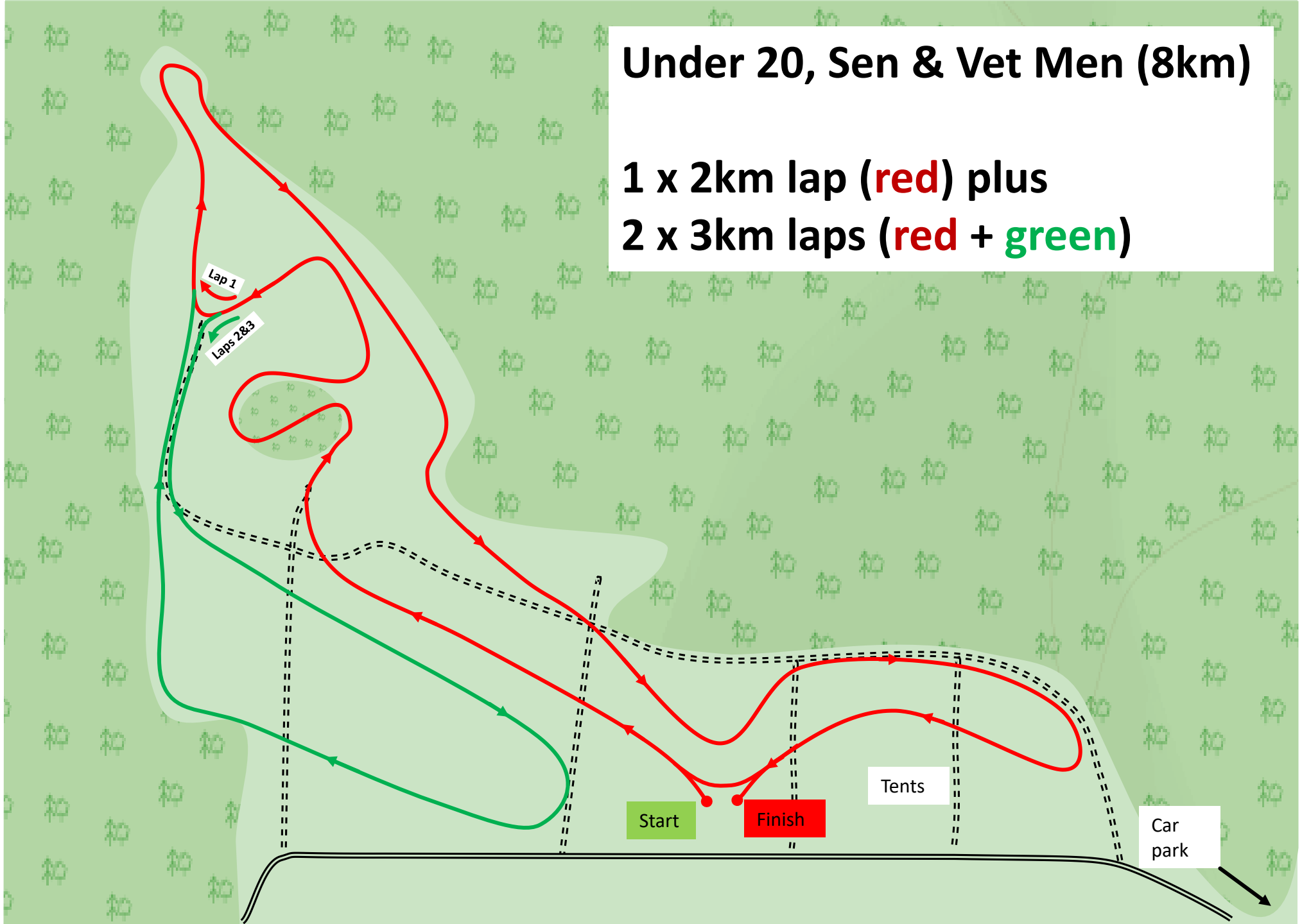


Under 16 Girls & Boys (4km)

2 x 2km laps




Under 18 Men (5km)
Under 18, U20, Sen & Vet Women (5km)
1 x 2km lap (red) plus
1 x 3km lap (red + green)
Lap 1
Lap 2
Start
Finish
Tents
Car park


Under 20, Sen & Vet Men (8km)
1 x 2km lap (red) plus
2 x 3km laps (red + green)
Lap 1
Laps 2&3
Start
Finish
Tents
Car park