



Cornalees hill race

1. Start at metal gate on Woodstock road
2. Under 11s/novice 500m finish uphill only (at Bridge) 1.40pm
3. Under 13s 2km turning point (at start of stony road) 2.05pm
4. Under 15s 4km turning point (at start of tarmac road) 2.00pm
5. Under 17s 7km turning point (at top of penultimate hill) 2.00pm
6. Under 20s/Senior 8km turning point (at stone cairn) 2.00pm