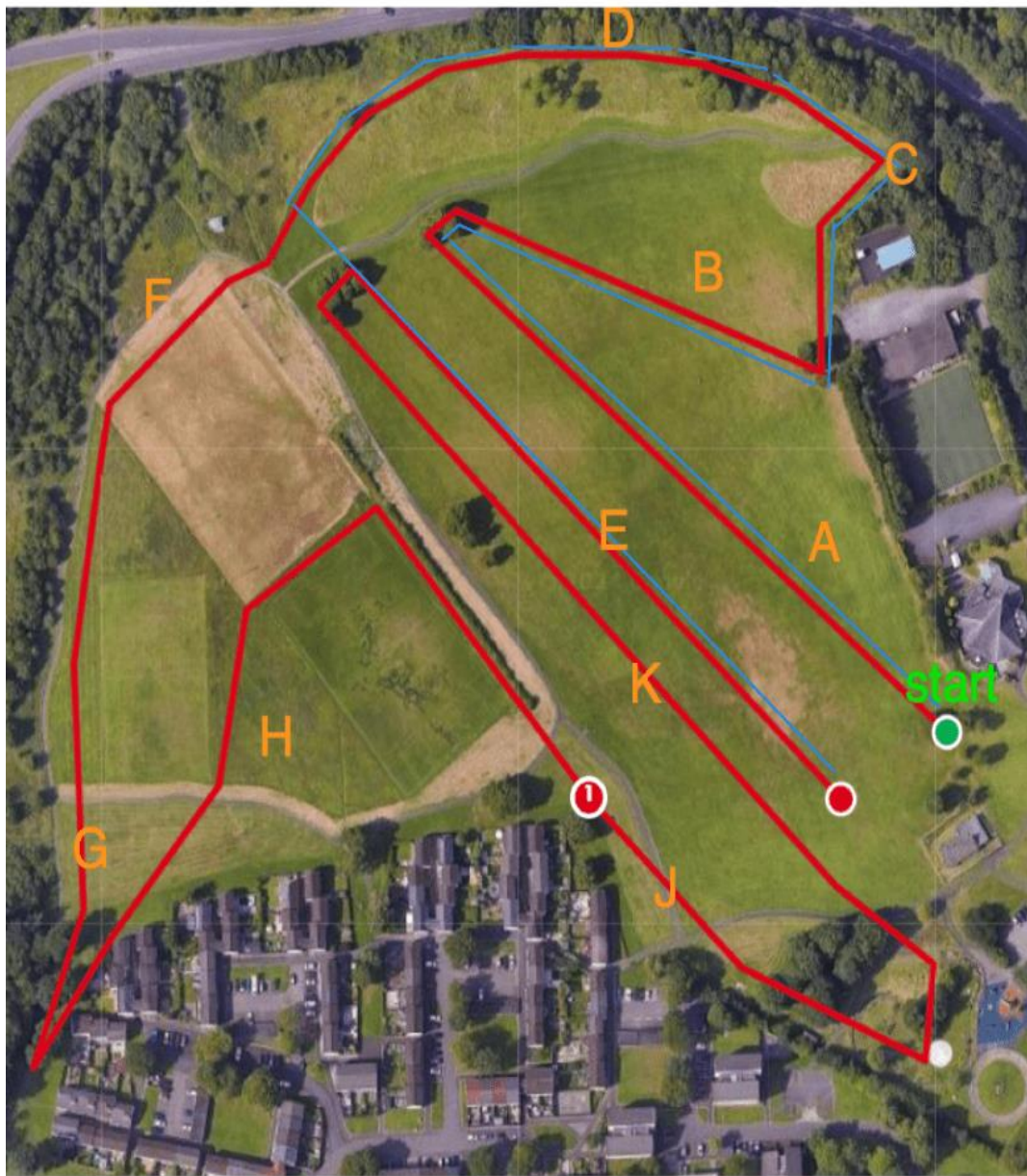


Race Map Times and Distances

11.30	Under 13 Girls	2600m	1 large lap
11.45	Under 13 Boys	2600m	1 large lap
12.00	Under 15 Girls	3900m	1 small + 1 large lap
12.20	Under 15 Boys	3900m	1 small + 1 large lap
12.40	Under 17 Men	5200m	2 large laps
12.45	Under 17 Women	5200m	2 large laps
13.10	Under 20 Men	6500m	1 small + 2 Large laps
13.15	Under 20 Women	6500m	1 small + 2 Large laps
13.40	Senior/ Masters Women	7800m	3 large laps
14.30	Senior/Masters Men + Non Bin	7800m	3 large laps



SMALL (blue): A, B, C, D, E

LARGE (red) : A, B, C, D, F, G, H, J, K, E