



Masters Women (W40+) and over 65 Men (M65+) start 1pm

S-A-B-C-D-X-E-F-S -2 laps-Finish

6.4Km

Masters Men (M40 - M60) start 1:45pm

S-X-E-F 1small lap then
S-A-B-C-D-X-E-F-S -2 laps -Finish

8.0 Km