

COURSE MAP AND TIMETABLE 2024

Time	Age group	Course	Distance
11.30	U11G	A,C,D,G to finish	2.0Km
11.45	U11B	A,C,D,G	2.0Km
12.00	U13G	A,B,C,D,F,G	2.9Km
12.15	U13B	A,B,C,D,F,G	2.9Km
12.30	U15G	A,B,C,D,E,F,G (1 large loop)	4.3Km
12.45	U15B	A,B,C,D,E,F,G (1 large loop)	4.3Km
13.00	U20/17 Ladies	A,C,G, A,C,D,E,F,G (1 small+1 large loop minus B)	5.1Km
13.15	Senior Ladies	A,C,G, A,B,C,D,E,F,G (1 small+1 large loop)	5.6Km
13.40	U17 Men	A,C,G, A,B,C,D,E,F,G (1 small+1 large loop)	5.6Km
14.00	Sen./Junior Men	A,C,G, A,B,C,D,E,F,G A,B,C,D,E,F,G (1 small+2 large loops)	9.6Km

