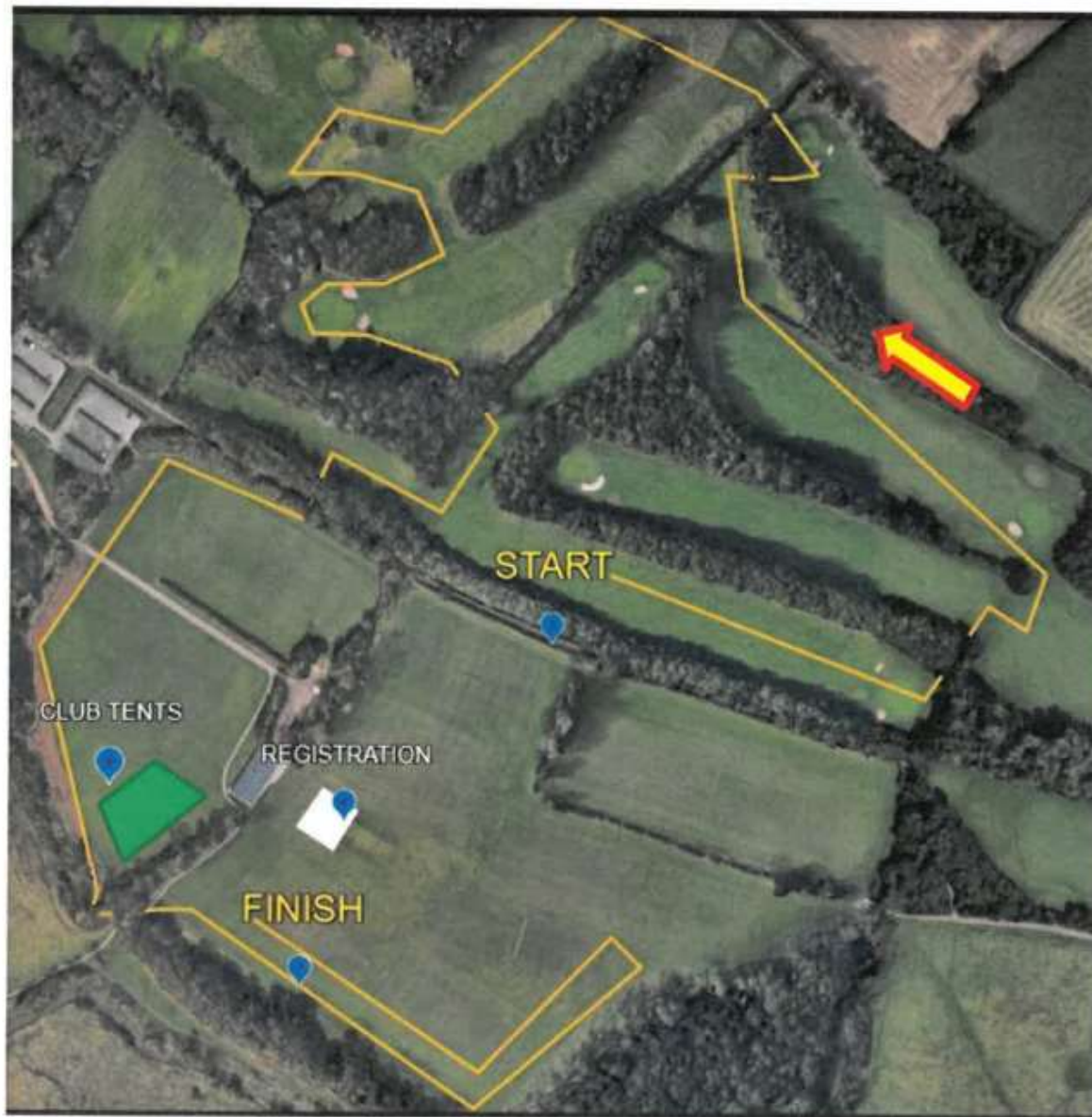
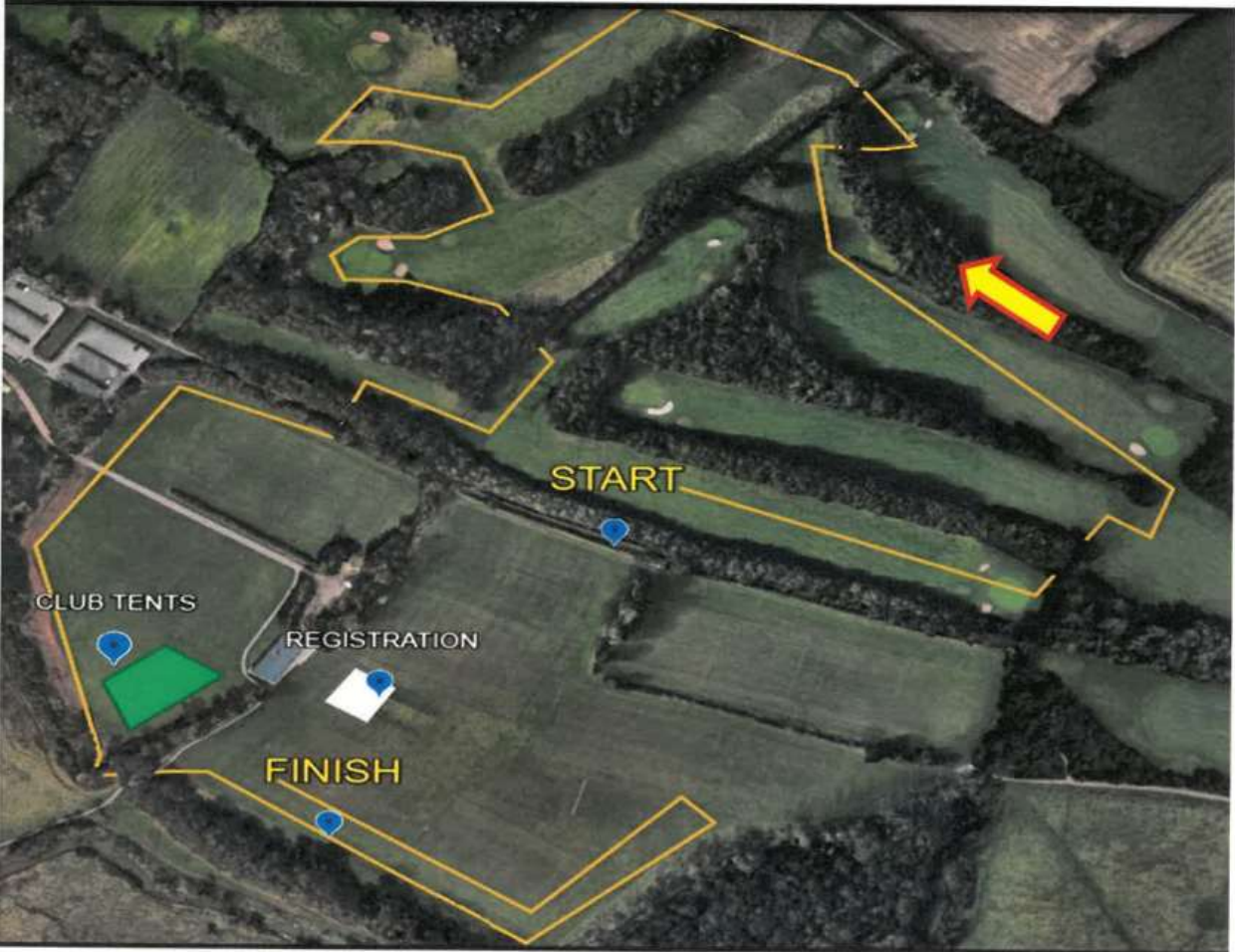


U13 girls and boys: 3k Anticlockwise



U13 girls and boys: 3k Anticlockwise



U15 girls and boys: 4k 1k lap + 3k lap, both anticlockwise



U17 women: 5k 2x 1k laps + 3k lap, anticlockwise



U17 men and U20 women: 6k 2 Laps anticlockwise



Senior women and U20 men: 8k 2 laps plus finish section, clockwise



Senior men: 12k 3 laps plus finish section, clockwise

