



10.30	U/13 Boys & U/13 Girls	1 small lap 3km
11.00	U/15 Boys & U/15 Girls	1 large lap 4km
11.30	U/17 Women & U/20 Women	2 small laps 5.6km
12:00	U/17 Men & Senior Women	1 large 1 small lap 6.6km
12.45-	U/20 Men & Senior Men	2 large laps 7.6km