

U11s 1.75K START-A-A-B-C-E-K-FINISH

U13s 2.4K START-A-A-B-D-E-K-FINISH

U15s 3.8K START- A-A-B-D-E-K-A-B-D-E-K-FINISH

U17s, Sen. & U20 Women 4.7K START-A-A-B-D-F-G-E-K-A-B-D-F-H-G-E-K-FINISH

Sen., U20 & Vet Men 7.3k START-A-A-Then 3 X(B-D-F-H-G-E-K)- FINISH

Athletes and spectators must not encroach onto the Rugby or football pitches.

