

U11s 1.99K START-A-K-A-B-C-K- FINISH

U13s 2.5K START-A-K-A-B-D-C-K-FINISH

U15s 4K START- A-K-A-B-D-C-K-A-B-D-C-K-FINISH

U17s, SEN & U20 W 5K START-A-K-A-B-D-E-F-C-K-A-B-D-E-G-FINISH

SEN 7 U20 MEN 7.8K START-A-K-A- Then 3 x (B-D-E-G-C-F-C-K-A) (or 3 large laps) - FINISH

The Rugby and Football pitches are strictly out of bounds to athletes and spectators.

Toilets and changing in the pavilion adjacent to the track. Refreshments are available upstairs in the clubroom.



No parking beyond this point

Leisure Centre

Club Tents

Car Park