



Short lap turn

All Courses are Anticlockwise

12.15pm Under 11 Boys: 1 Short Lap

12.30pm Under 11 Girls: 1 Short Lap

12.45pm Under 13 Boys: 1 Long Lap

1.00pm Under 13 Girls: 1 Long Lap

1.15pm Under 15 Boys & Girls: 1 Short Lap + 1 Long Lap

1.35pm Under 17 Boys & Girls, Junior, Senior and Vet Ladies: 1 x Lap of start field & 2 Long Laps

2.15pm Junior, Senior, & Veteran Men: 4 Long Laps