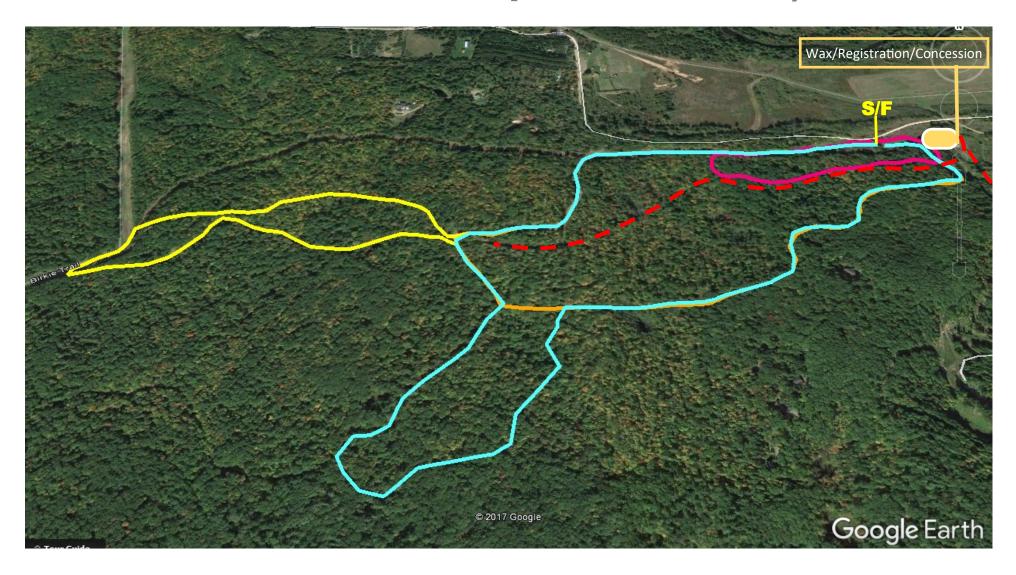


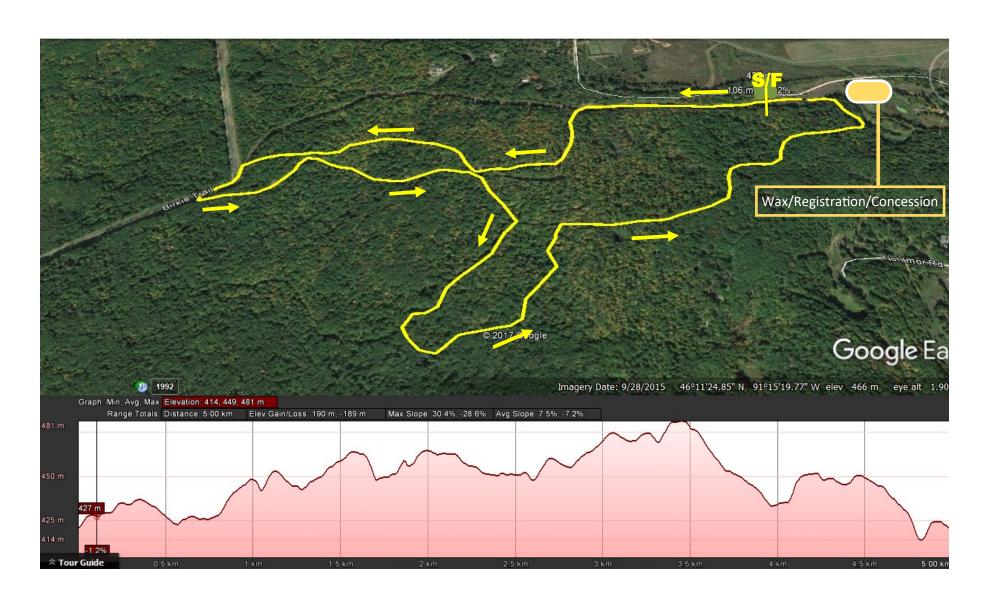
WARM UP

(DOTTED RED- 1.25KM out and back & 1KM loop behind Great Hall)



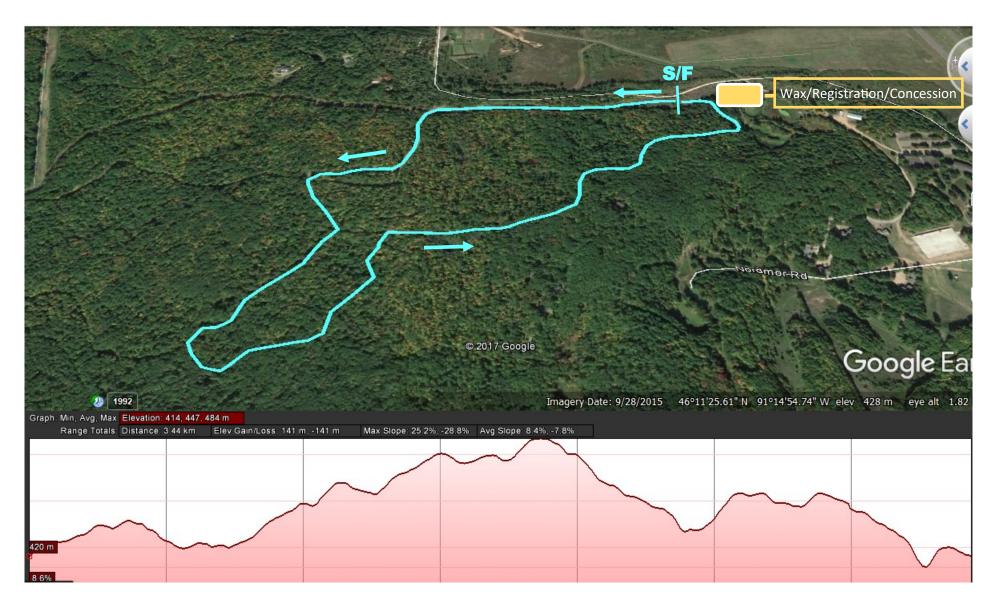


5KM Race Course (Yellow Course)



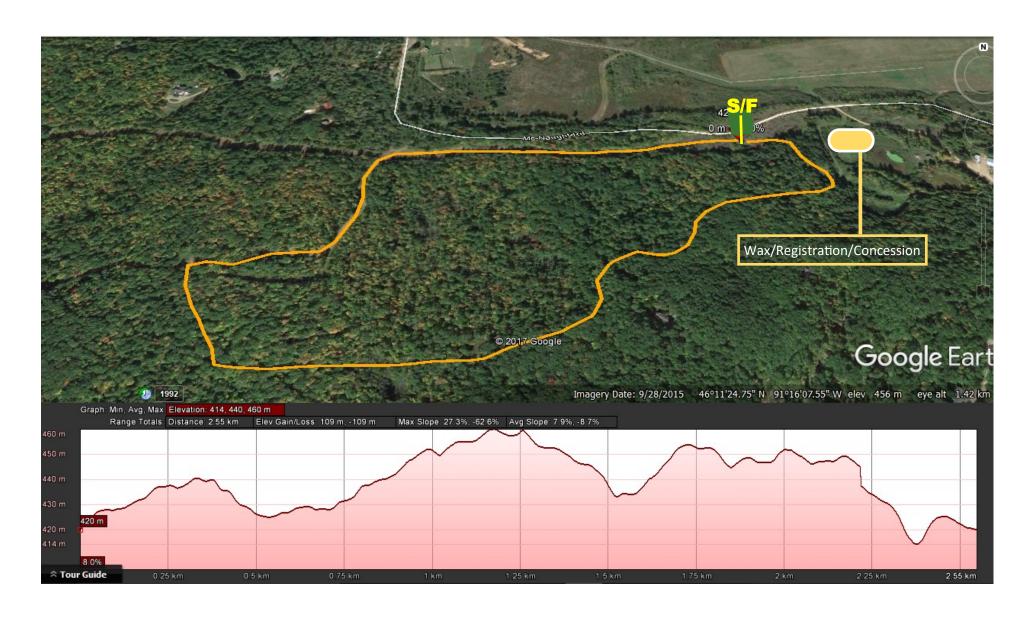


3.5KM Race Course (Blue Course)





2.5KM Race Course (Orange Course)





1 KM Race Course (Pink Course)

