



Red Lap = 2000m

Yellow Lap = 1000m – (Only used for Primary School, and U15 races)

*Distance of lap is Approximate

U13 (Girls & Boys) – 2000m – 1 Red Lap

U15 (Girls & Boys) – 3000m – 1 Yellow Lap + 1 Red Lap

Open Mixed Race – 4000m – 2 Red Laps

U17 & U20 Girls (Junior Women) – 4000m – 2 Red Laps

Flahavan's Porridge Primary School Girls Race – 1200m – 1 Yellow Lap + Finish Straight

U17 & U20 (Junior Men) – 6000m – 3 Red Laps

Flahavan's Porridge Primary School Boys Race – 1200m – 1 Yellow Lap + Finish Straight

Senior International Women – 8000m – 4 Red Laps

Senior International Men – 10,000m – 5 Red Laps