

Race Timetable

10.45am	U20 Men	Lap A / B plus x 2 Lap C / D
11.15am	U13 Girls	Lap C / D
11.30am	Senior Women	Lap A / B plus x 2 Lap C / D
12.20pm	U15 Boys	Lap A / B plus Lap A / B
12.40pm	U17 Women	Lap A / B plus Lap C / D
13.00pm	U17 Men	Lap C / D plus Lap C / D
13.25pm	U13 Boys	Lap C / D
13.45pm	U20 Women	Lap C / D plus Lap C x D
14.05pm	U15 Girls	Lap A / B plus Lap A / B
14.30pm	Senior Men	Lap A / B x 2 plus Lap C / D x 2

8,000 Metres

3,000 Metres

8,000 Metres

4,000 Metres

5,000 Metres

6,000 Metres

3,000 Metres

6,000 Metres

4,000 Metres

10,000 Metres