



Time	Race Age Group	Laps	Distance
11:02	Under 11 Girls	1 x Small Lap	1,250 m
11:12	Under 11 Boys	1 x Small Lap	1,250 m
11:25	Under 13 Girls	1 x Medium Lap	2,780 m
11:45	Under 13 Boys	1 x Medium Lap	2,780 m
12:00	Under 15 Girls	1 x Big Lap	3,200 m
12:15	Under 15 Boys	1 x Big Lap	3,200 m
12:30	Under 17/20 Women	1 x Small Lap, 1 x Big Lap	4,450 m
12:55	Senior Women's Mile	1 x Small Lap + extension	1 Mile
13:05	Senior Men's Mile	1 x Small Lap + extension	1 Mile
13:20	Senior Women & Masters	2 x Big Lap	6,400 m
14:05	Under 17/20 Men	2 x Medium Laps	5,560 m
14:30	Senior Men & Masters	3 x Big Lap	9,600 m