



Basic Schedule

Race	Distance	Start
1	5 km	12.40pm
	(1 lap)	
	<ul style="list-style-type: none"> Senior Women Masters Women 35 Masters Women 50 Masters Women 60 Masters Women 70 Masters Men 60 Masters Men 70 Men Under 20 Men 20-59 Non-championship 5k 	
2	3.7 km	1.30pm
	<ul style="list-style-type: none"> Women Under 20 Women Under 18 Girls Under 15 Men Under 18 Boys Under 15 	
3	1.6 km	2.00pm
	<ul style="list-style-type: none"> Boys Under 13 Boys Under 11 	
4	1.6km	2.15pm
	<ul style="list-style-type: none"> Girls Under 13 Girls Under 11 	
5	10 km	2.30pm
	(2 laps)	
	<ul style="list-style-type: none"> Senior Men Masters Men 35 Masters Men 50 Women 20+ Non-championship 10k 	

