



12:00 – Female Long Race = start + 3 x lap + finish = ~8.10km

13:00 – Male Long Race = start + 4 x lap + finish = ~10.45km

14:00 - Female Short race = start + 2 x lap + finish = ~5.75km

14:45 – Male Short Race = start + 3 x lap + finish = ~8.10km

Start (Orange) = 190m / Lap (Blue) = 2.35km / Finish (Purple) = 850m

The purple finish will be a separate funnel so that it will be a clear finish without having to overtake lapped runners.