



12:00 – Women’s A Race = start + 3 x lap + finish = ~8.10km

13:00 – Men’s A Race = start + 4 x lap + finish = ~10.45km

14:00 - Women’s B race = start + 2 x lap + finish = ~5.75km

14:45 – Men’s B Race = start + 3 x lap + finish = ~8.10km

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