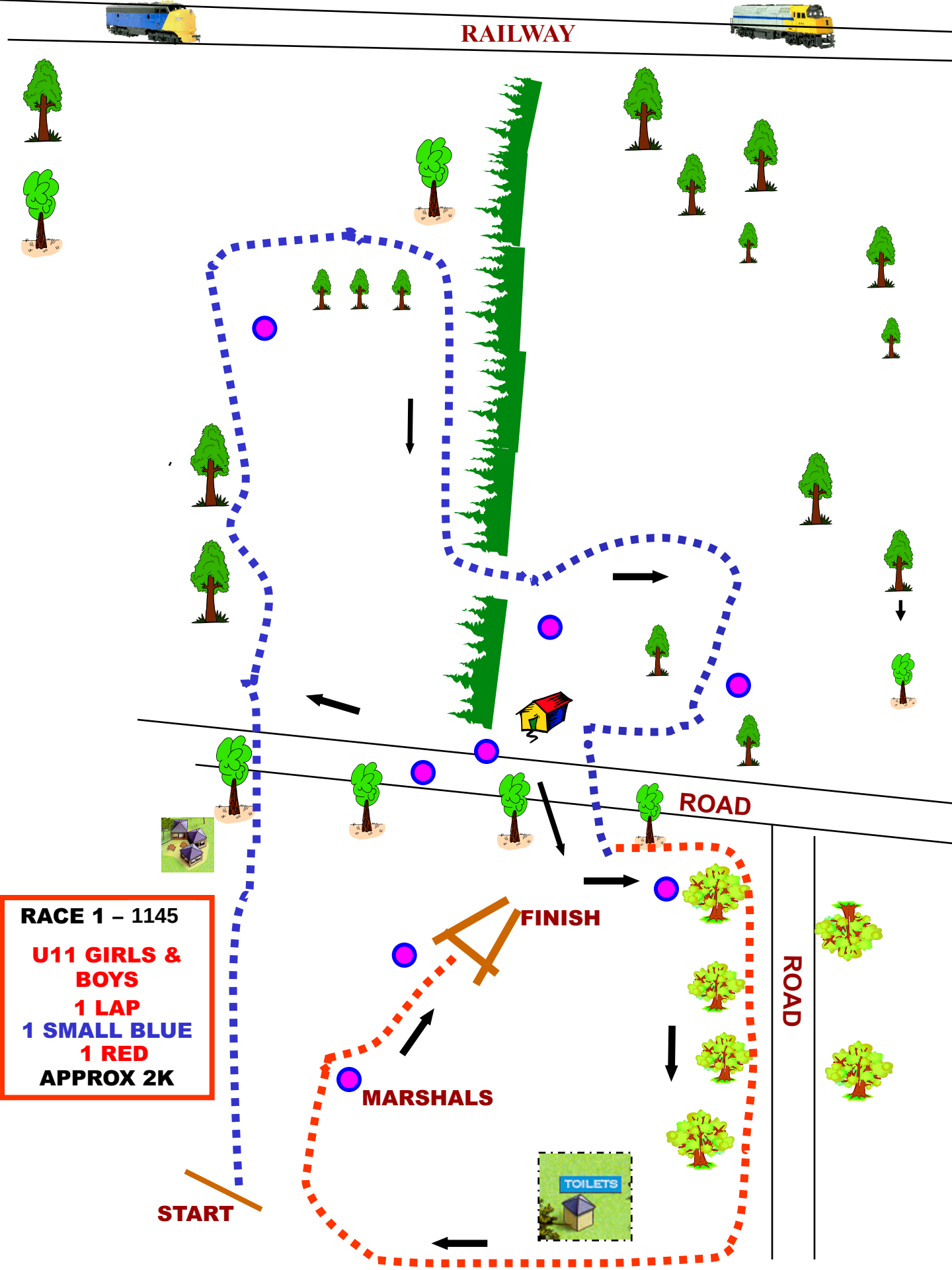
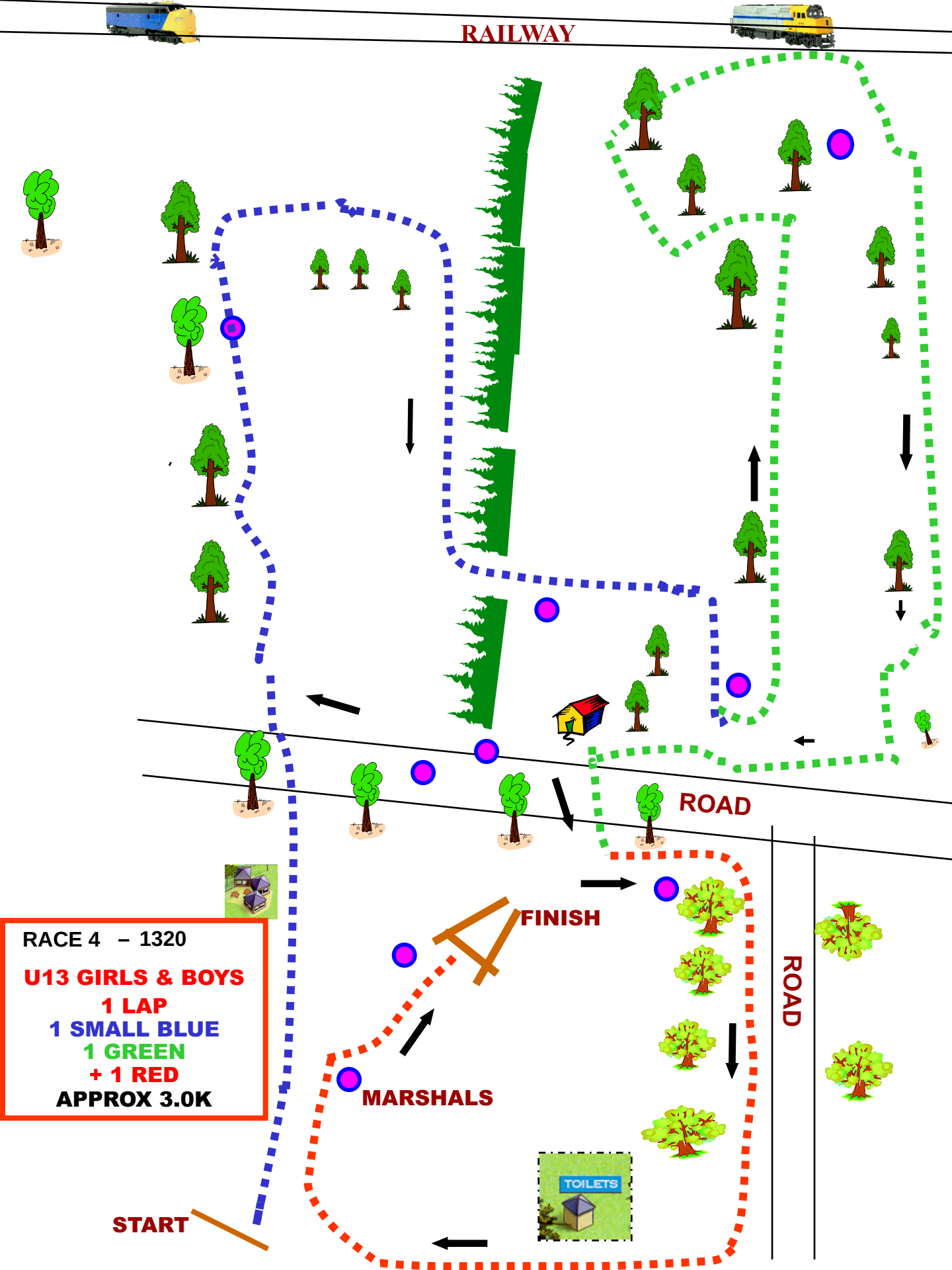
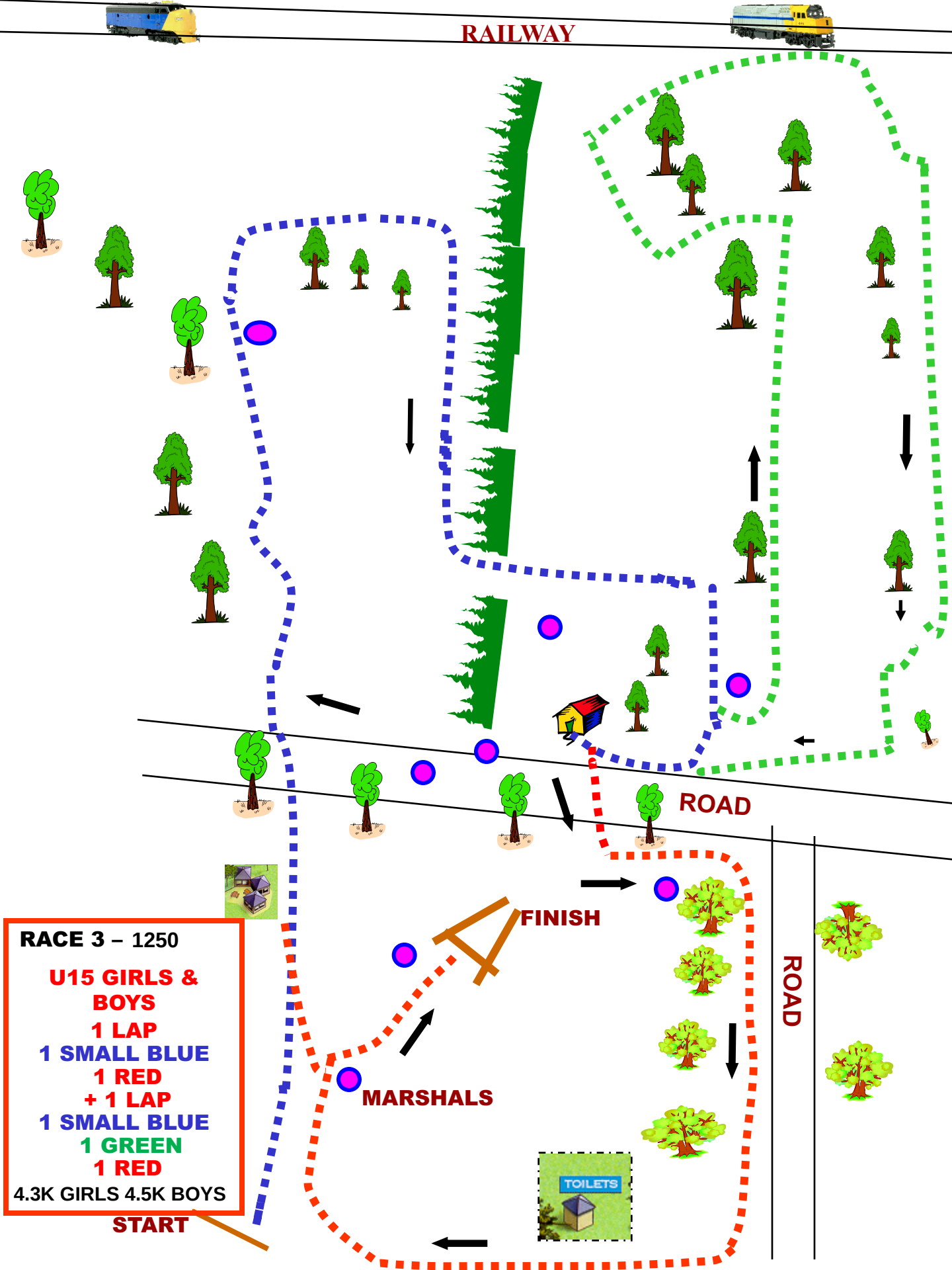
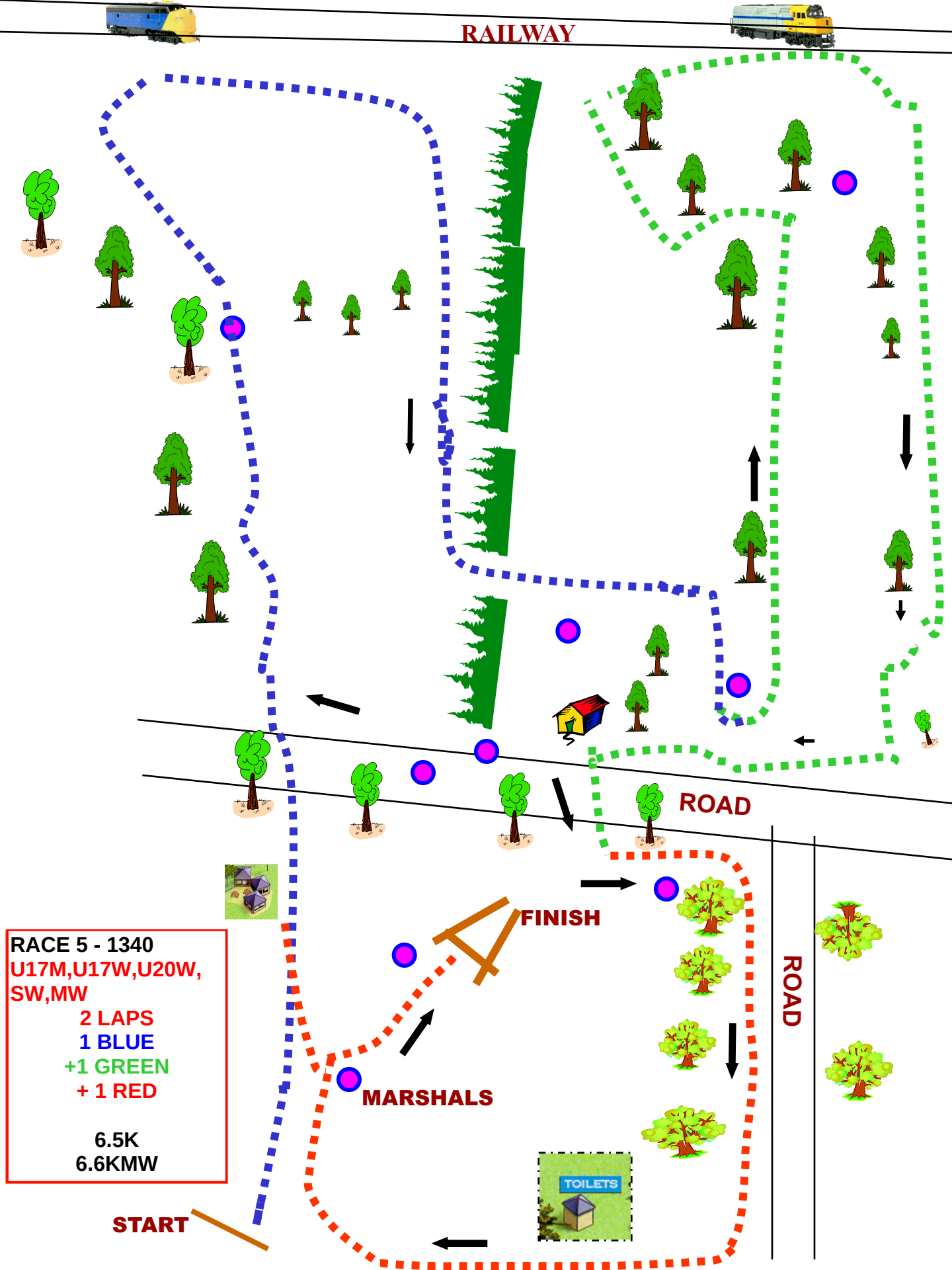
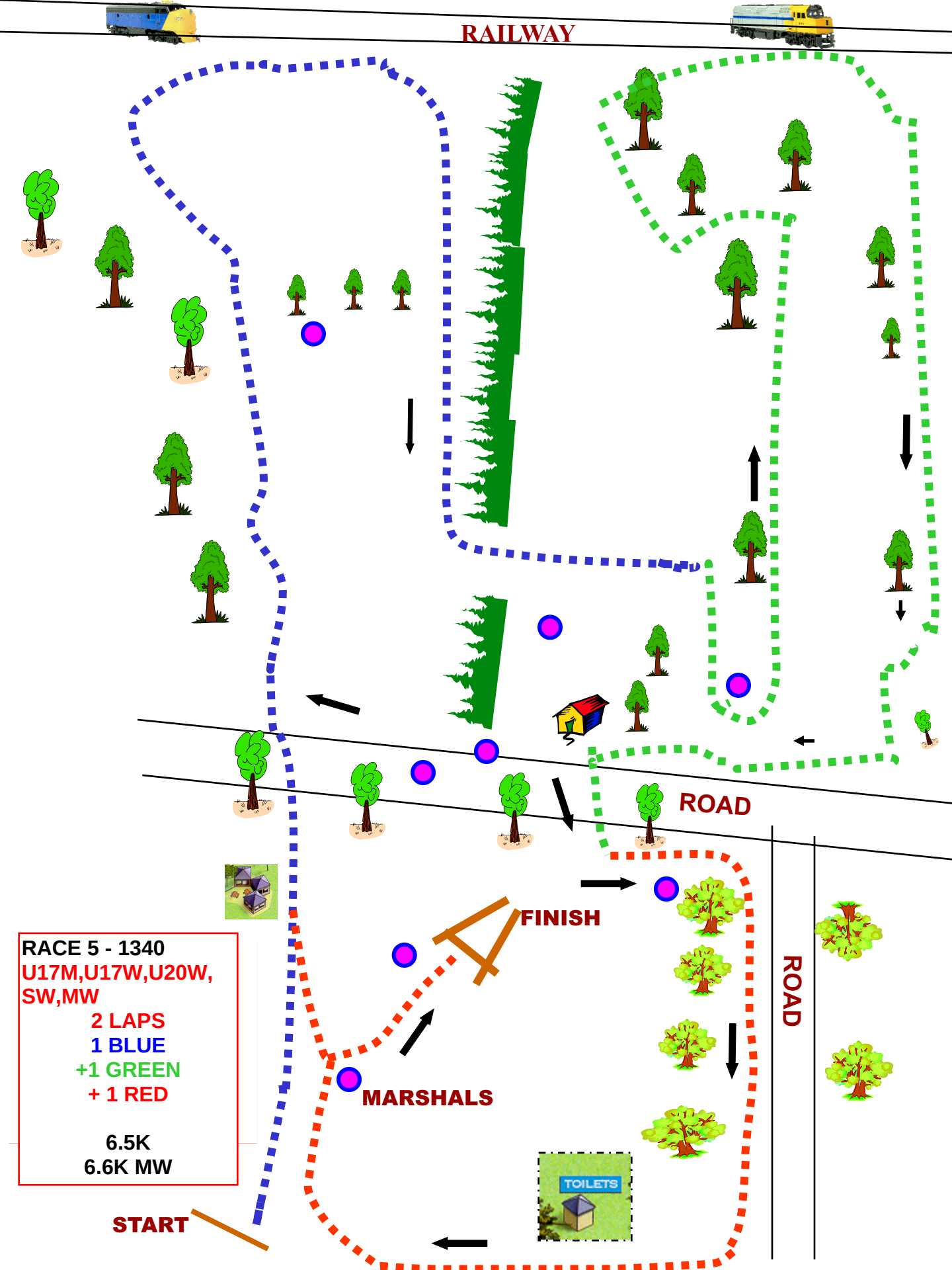
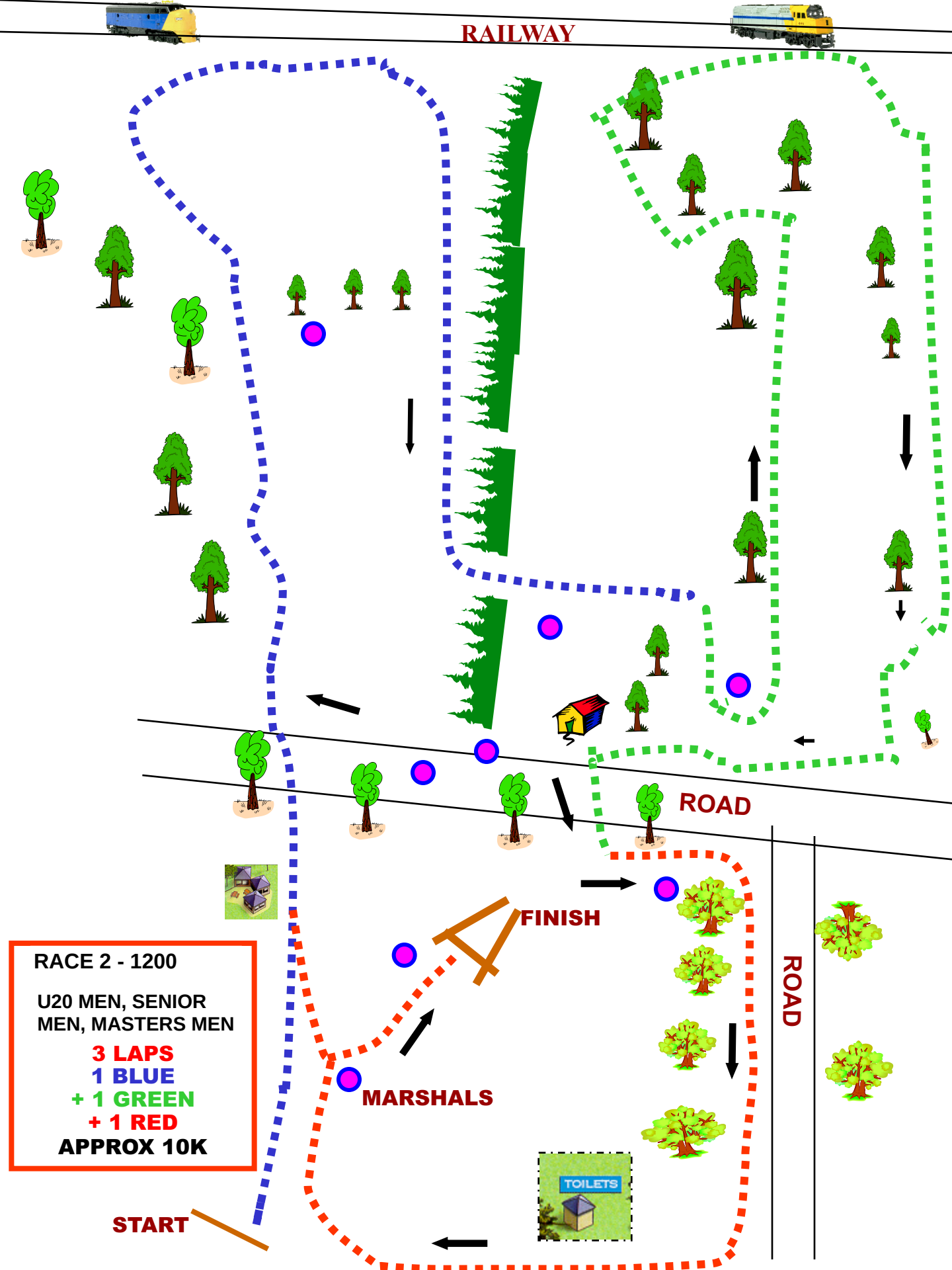

RAILWAY
ROAD
ROAD
FINISH
MARSHALS
START
TOILETS
RACE 1 – 1145
U11 GIRLS & BOYS
1 LAP
1 SMALL BLUE
1 RED
APPROX 2K


RAILWAY
ROAD
FINISH
ROAD
MARSHALS
TOILETS
START
RACE 4 – 1320
U13 GIRLS & BOYS
1 LAP
1 SMALL BLUE
1 GREEN
+ 1 RED
APPROX 3.0K


RAILWAY
ROAD
FINISH
ROAD
MARSHALS
TOILETS
START
RACE 3 – 1250
U15 GIRLS & BOYS
1 LAP
1 SMALL BLUE
1 RED
+ 1 LAP
1 SMALL BLUE
1 GREEN
1 RED
4.3K GIRLS 4.5K BOYS


RAILWAY
ROAD
FINISH
MARSHALS
START
TOILETS
ROAD
RACE 5 - 1340
U17M,U17W,U20W,
SW,MW
2 LAPS
1 BLUE
+1 GREEN
+ 1 RED
6.5K
6.6KMW


RAILWAY
ROAD
FINISH
MARSHALS
START
TOILETS
ROAD
RACE 5 - 1340
U17M,U17W,U20W,
SW,MW
2 LAPS
1 BLUE
+1 GREEN
+ 1 RED
6.5K
6.6K MW


RAILWAY
ROAD
ROAD
FINISH
MARSHALS
TOILETS
START
RACE 2 - 1200
U20 MEN, SENIOR MEN, MASTERS MEN
3 LAPS
1 BLUE
+ 1 GREEN
+ 1 RED
APPROX 10K