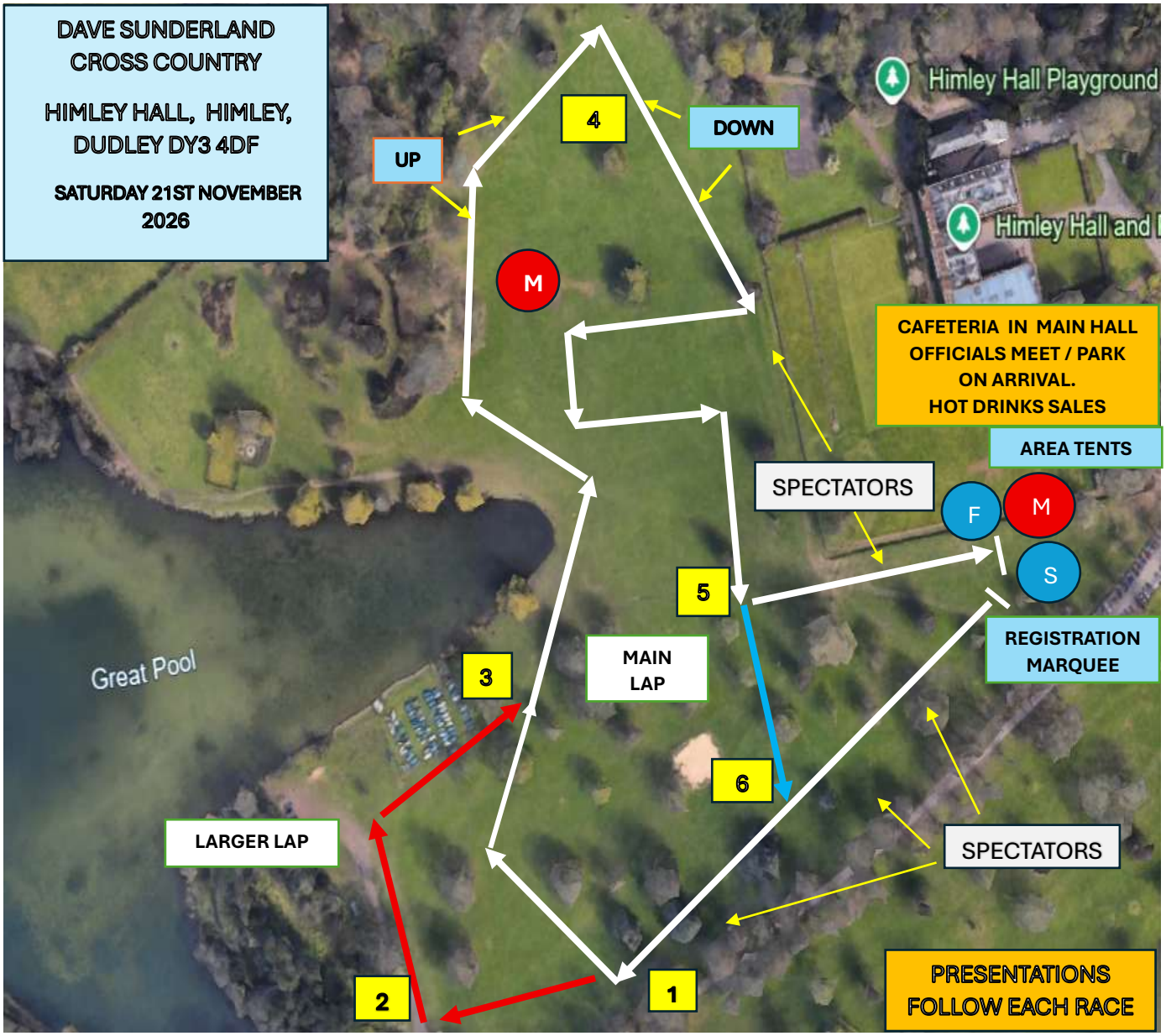

TIME	RACE	COURSE	LOOPS	DISTANCE
12.45	U14 GIRLS YRS 7/8	2 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-FINISH	3K
1.05	U14 BOYS YRS 7/8	2 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-FINISH	3K
1.25	U16 GIRLS YRS 9/10	3 x MAIN LAPS:	1-3-4-5-6-1-3-4-5-6-1-3-4-5-FINISH	3.5K
1.45	U16 BOYS YRS 9/10	3 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-6-1-2-3-4-5-FINISH	4K
2.10	U18 GIRLS YRS 11/12	3 x LARGER LAPS:	1-2-3-4-5-6-1-2-3-4-5-6-1-2-3-4-5-FINISH	4K
2.35	U18 BOYS YRS 11/12	4 x MAIN LAPS :	1-3-4-5-6-1-3-4-5-6-1-3-4-5-6-1-3-4-5-FINISH	5K

- ALL RUNNERS TO REPORT TO MARSHALLS IN 'HOLDING AREA 5 MINUTES BEFORE RACE – DO NOT REMOVE 'WARM' CLOTHES. 2 MINUTES BEFORE START RUNNERS WILL MOVE TO PENS FOR FINAL BRIEFING.
- UNDULATING GRASS PARKLAND COURSES: DISTANCES ARE APPROXIMATE ! SPIKES COURSE
- INDIVIDUAL (GOLD – SILVER – BRONZE) MEDALS PRESENTED AT FINISH OF RACE.
- NUMBERS 1- 6 ARE ON YELLOW SIGNS PLACED ON THE COURSE.
- MEDICAL COVER M