



Time	Race Age Group	Laps	Distance
11:00	<b>Under 11 Girls</b>	1 x Small Lap	1,250 m
11:10	<b>Under 11 Boys</b>	1 x Small Lap	1,250 m
11:30	<b>Senior Women's Mile</b>	1 x Small Lap + extension	1 Mile
11:40	<b>Senior Men's Mile</b>	1 x Small Lap + extension	1 Mile
11:50	<b>Under 13 Girls</b>	1 x Medium Lap	2,780 m
12:05	<b>Under 13 Boys</b>	1 x Medium Lap	2,780 m
12:20	<b>Under 17 Men</b>	2 x Medium Lap	5,560 m
12:45	<b>Under 17/20 Women</b>	1 x Small Lap, 1 x Big Lap	4,450 m
13:10	<b>Under 15 Girls</b>	1 x Big Lap	3,200 m
13:25	<b>Under 15 Boys</b>	1 x Big Lap	3,200 m
13:45	<b>Senior Women &amp; Masters</b>	2 x Big Lap	6,400 m
14:30	<b>Under 20 Men</b>	2 x Big Lap	6,400 m
14:55	<b>Senior Men &amp; Masters</b>	3 x Big Lap	9,600 m