

Courses-

3k for U13	AC AC	3090 m
4k for U15	ABC DABC	4190 m
5k U17/20 W65/M70	AE DABC x2	5250 m
8k Sen/Vet Women	DAE DABC x3	8080 m

Race Times

12.00 U13G	12.20 U13B
12.40 U15G	13.00 U15B
13.20 U17/20W W65/M70	13.50 U17/20M
14.10 Sen/Vet Women	

