## **Course Map and Route**



## Young Athletes (Girls & Boys)

U13 - Start A - 1 x Large Lap (approx. 2.8km)

U15/U17 - Start B - 1 x Small Lap then 1 x Large Lap (approx. 4km)

## **Senior Athletes**

Senior Women & Men – Start A - 3 x Large Laps (approx. 8km)