



All races include the start stretch from start line to point A.

Under 11: Start, A, B, C, D, E, A to finish.

Under 13: Start, A, B, C, D, A x 2 to finish.

Under 15 & under 17 women: Start, A, B, C, D, E, A x 2

Under 17 men & senior women: Start, A, B, C, D, E, A x 3 to finish

Senior men's: Start, A, B, C, D, A, B, C, D, E, F, G, F, E, A to finish