



- 12.20 Inter Girls – 2 laps with short cut. 3800m. ABDEFGH ABDEFGH Finish
- 12.30 Inter Boys – Half lap then 2 Full Laps, 5050m. ABCDE then 2 x ABCDEFGH, finish
- 12.55 Year 7 Girls – 1 Full lap, extended below A 2150m
- 1.00 Year 7 Boys - 1 Full lap, extended below A 2150m
- 1.15 Junior Girls – Full lap then into woods at F, second half of lap. 3200m
ABCDEFGH FGH Finish
- 1.35 Junior Boys - 2 laps with short cut. 3800m. ABDEFGH ABDEFGH Finish
- 2.00 Senior Girls – 2 laps, first with short cut, second full, 4000m ABDEFGH ABCDEFGH
- 2.03 Senior Boys – 3 Full Laps 6300m 3 x ABCDEFGH