



Notes:

- 1) Start and finish in the same location towards the eastern end of the East car park.
- 2) Course is three laps of the route indicated above.
- 3) Runners should stay **left** at all times, and go round the cones at each end in a clockwise direction.
- 4) On finishing runners are given numbered tags. Unless otherwise directed they should hand these to the club official sitting in the Sports Village (by the front desk).