



WARM
UP
AREA
FOR
RUNNERS

YELLOW LINE= 2k loop
ORANGE LINE= extra 1k (3k loop)

2k race= 1x 2k loop
3k race= 1x 3k loop
4k race= 2x 2k loop
6k race= 2x 3k loop
8k race= 1x2k loop then 2x 3k loop

Spectator crossing

Spectator crossing

Toilets

START
FINISH
Matshalling

Car Parking

Car Parking

District Check in