



**Courses:** There are 3 courses (subject to final approvals)

A	Men Open	7.0km approx
B	Women Open	5.0km approx
C	Junior	3.0km approx

M/W 16 and under are only allowed on course C for safety reasons. Even course C will use roads which have traffic (including deliveries to pedestrian areas). Courses A, B and C involve navigating the Rows and narrow alleys. Courses A and B cross busy roads.

**Safety:** Competitors take part at their own risk.

**Officials:**

Planner: Jane Campbell

Controller: Graham Nilsen

Organiser: Sara and Andy Campbell

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