

RACE TIMES

U11s Boys and Girls	No declaration needed	Race Start 1115
U13 GIRLS	Declarations close 1100	Race Start 1130
U13 BOYS	Declarations close 1115	Race Start 1145
U15 GIRLS	Declarations close 1130	Race Start 1200
U15 BOYS	Declarations close 1150	Race Start 1220
U17 W/U20 W	Declarations close 1205	Race Start 1235
U17 M/SEN WOMEN	Declarations close 1230	Race Start 1300
U20 M/SENIOR MEN	Declarations close 1300	Race Start 1330

THE HQ FOR THE EVENT INCLUDING REGISTRATION, REFRESHMENTS, CHANGING AND TOILETS WILL BE AT THE DORES PARISH HALL (APPROX 150M PAST THE DORES INN ON THE LOCH SIDE ROAD UP ON THE LEFT AS YOU LEAVE THE VILLAGE, APPROX 400METRES FROM THE RACE START/FINISH).



U11 RACES – S/F-A-B-H-S/F – 1600m

U13 RACES – S/F-A-H- S/F –A-B-H- S/F – 3200m

U15 RACES – S/F-A-B-C-D-E-F-G-B-H- S/F – 4000m

U17 & U20 WOMEN – S/F-A-H- S/F- A-B-C-D-E-F-G-B-H- S/F – 5000m

U17 MEN/SENIOR WOMEN - S/F-A-B-H-S/F-A-B-C-D-E-F-G-B-H- S/F – 6400m

U20 MEN – 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 8000M

SENIOR MEN – S/F-A-B-H-S/F THEN 2 TIMES S/F-A-B-C-D-E-F-G-B-H- S/F – 10000M

CONTACT DETAILS FOR THE EVENT

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