



SIAB
1230hrs - U15 Girls 3k 1 **Blue** 1 **Yellow** Lap
1250hrs - U15 Boys 4k 2 **Yellow** Laps
1310hrs - U17 Girls 4k 2 **Yellow** Laps
1335hrs - U17 Boys 6k 3 **Yellow** Laps

Home Countries International
1410hrs - U20 Women 6k 3 **Yellow** Laps
1435hrs - U20 Men 8k 4 **Yellow** Laps
1500hrs - Senior Women 8k 4 **Yellow** Laps
1530hrs - Senior Men 10k 5 **Yellow** Laps

