


| Lap | Distance | Description - tarseal unless stated |
| :--- | :--- | :--- |
| 1 | 6.91 k | 68m out to road. Gentle undulating climb. Run on right side all the way. |
| 2 | 5.72 k | Flat running, last kon shingle road. Run clockwise around the top square. Run on the right side all the way except <br> for the 300m section between top square and shingle road with 1.3k to go to finish where you run on the left. |
| 3 | 6.91 k | Gentle undulating downhill. Run on the right side all the way. |
| 4 | 4.29 k | Gentle undulating downhill. Run on the right side until turned onto Dixons Rd, run on left side till almost at finish. |
| 5 | 8.35 k | First 4.45 k shingle road. First half of lap is moderate undulating uphill, second half moderate to steep undulating <br> downhill. Run on right side all the way. |
| 6 | 6.72 k | Gentle undulating climb. Run on the right side all the way until entering Loburn Domain grass area. 540 m from <br> leaving road to finish line. |

