Age Group	Start Time	Approx	Course
Under 13 Girls	11:25	3,000m	A-B-F-G-H (twice)
Under 13 Boys	11:40	3,000m	A-B-F-G-H (twice)
Under 15 Girls	11:55	4,200m	A-B-F-G-H-A-B-C-E-F-G-H
Under 15 Boys	12:15	4,200m	A-B-F-G-H-A-B-C-E-F-G-H
Under 17 Men	12:35	5,800m	A-B-C-D-E-F-G-H (twice)
Under 17 Women	12:40	5,800m	A-B-C-D-E-F-G-H (twice)
Under 20 Men	13:00	7,000m	A-B-F-G-H (once) +A-B-C-E-F-G-H (twice)
Under 20 Women	13:05	7,000m	A-B-F-G-H (once) +A-B-C-E-F-G-H (twice)
Senior/Master Women	13:30	8,700m	A-B-C-D-E-F-G-H (three times)
Senior/Master Men	14:25	8,700m	A-B-C-D-E-F-G-H (three times)