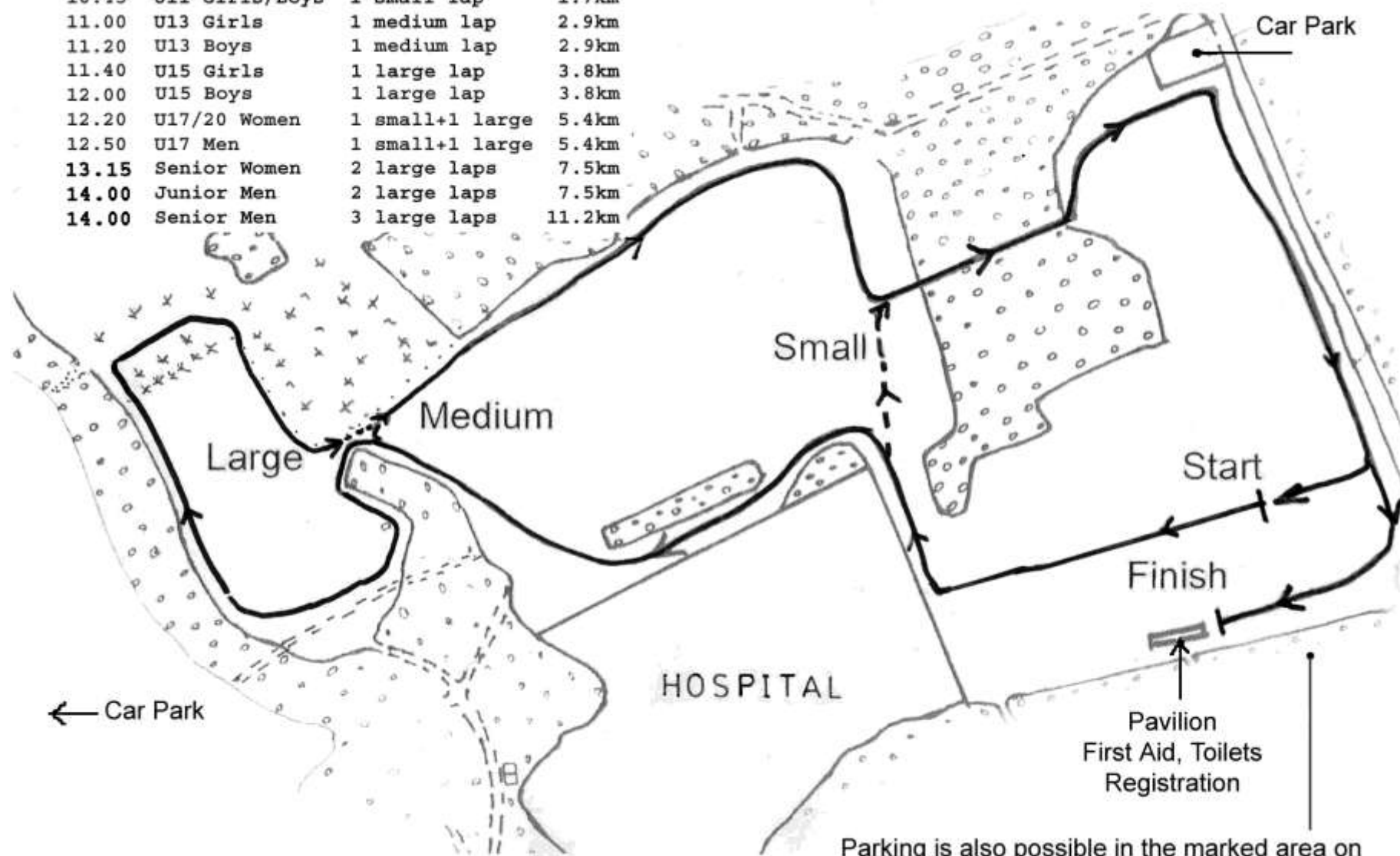


Short lap 1.6km Medium lap 2.8km Large lap 3.7km

10.45	U11 Girls/Boys	1 small lap	1.7km
11.00	U13 Girls	1 medium lap	2.9km
11.20	U13 Boys	1 medium lap	2.9km
11.40	U15 Girls	1 large lap	3.8km
12.00	U15 Boys	1 large lap	3.8km
12.20	U17/20 Women	1 small+1 large	5.4km
12.50	U17 Men	1 small+1 large	5.4km
13.15	Senior Women	2 large laps	7.5km
14.00	Junior Men	2 large laps	7.5km
14.00	Senior Men	3 large laps	11.2km



Parking is also possible in the marked area on Arrowe Park Road. The waiting restrictions only apply on week-days.