



RACE FORMAT

GROUP	CATEGORY	START TIME	FINISH TIME	RACE DURATION
RACE 1				
A	JUNIOR MEN	11:00	11:50	45 minutes + 1 lap
B	U16 MEN	11:15	11:50	30 minutes + 1 lap
10 minute break				
RACE 2				
A	VETERAN MEN 40+	12:00	13:05	60 minutes + 1 lap
B	VETERAN MEN 50+	12:15	13:05	45 minutes + 1 lap
C	VETERAN MEN 60+	12:30	13:05	30 minutes + 1 lap
10 minute break				
RACE 3				
A	ELITE LADIES	13:15	14:20	60 minutes + 1 lap
B	OTHER LADIES	13:35	14:20	40 minutes + 1 lap
10 minute break				
RACE 4				
A	ELITE MEN	14:30	16:35	120 minutes + 1 lap
B	SUB VET MEN	15:00	16:35	60 minutes + 1 lap
10 minute break				
RACE 5				
A	CORPORATE TEAMS	16:45	17:15	5 laps relay & combined
10 minute break				
RACE 6				
A	SPRINT	17:25	17:30	1 lap
10 minute break				
PRIZE GIVING		17:40		
Registration - 1 hour before your event (No Warm up on the route)				
*The organisers reserve the right to adjust these times at their discretion				