

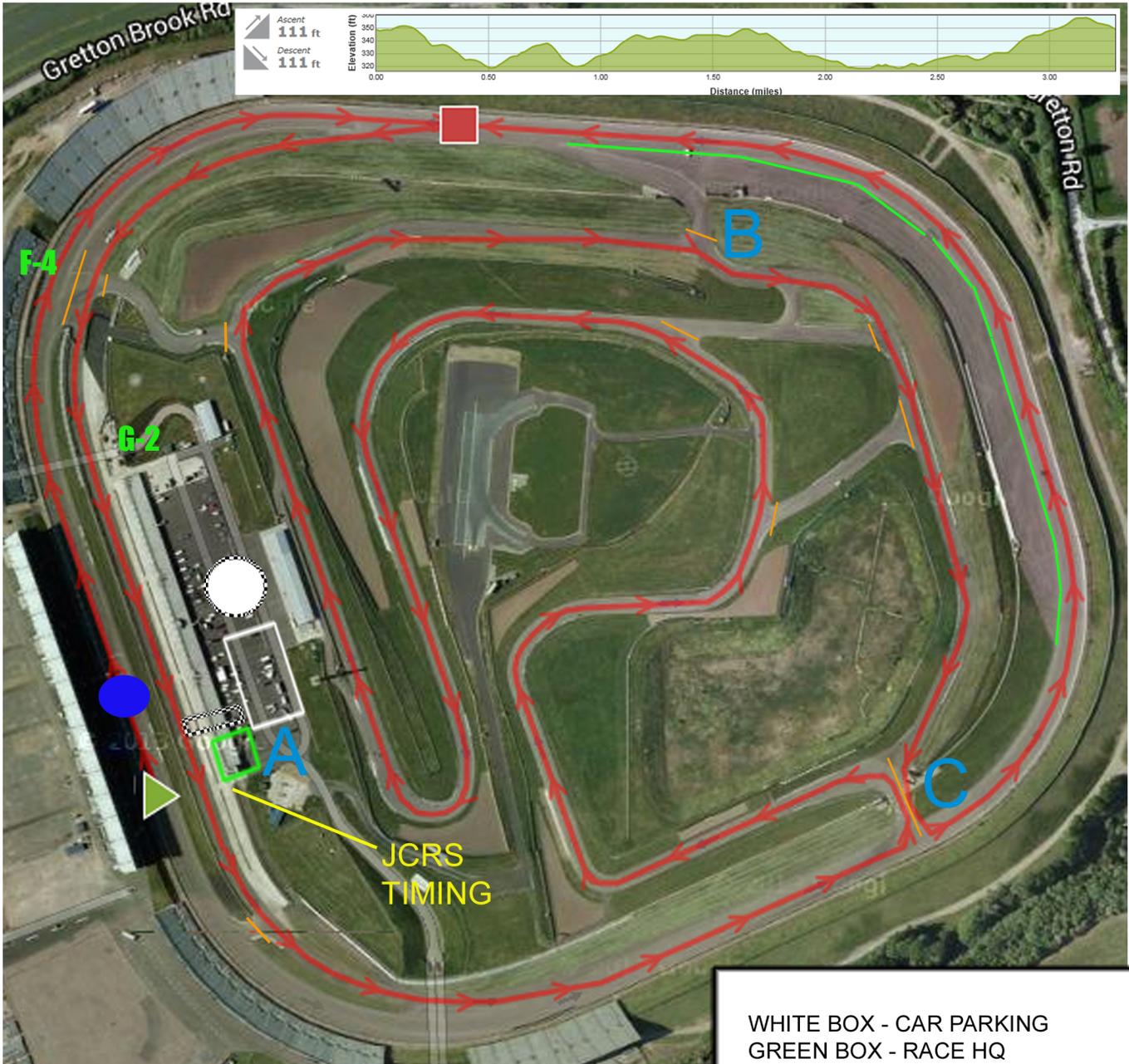
ROCKINGHAM 10

10K = 2 Laps 2

10 mile = 3.5 LAaps

WATER STATIONS AT POINTS A & B & C

WHITE CIRCLES SHOW MARSHAL POINTS



middle of track split with cones at 10 metre spaces

A- registration

B- water station

C- water station

Red square - 10mile turn

Blue circle - 10k turn

F-4 oval-hot lane split

G-2 hot lane to cold lane split

WHITE BOX - CAR PARKING
GREEN BOX - RACE HQ
RED LINE - ROUTE AND DIRECTION OF TRAVEL
BLUE LETTERS - WATER STATIONS
GREEN NUMBERS - MARSHALS
CHEQUERED BOX - FINISH LINE
ORANGE LINES - CONES
PINK LINES - COURSE SECTORS
GREEN TRIANGLE - RACE START
RED SQUARE - 10mile TURN POINT
BLUE CIRCLE - 10k TURN POINT
GREEN LINE - BARRIERS