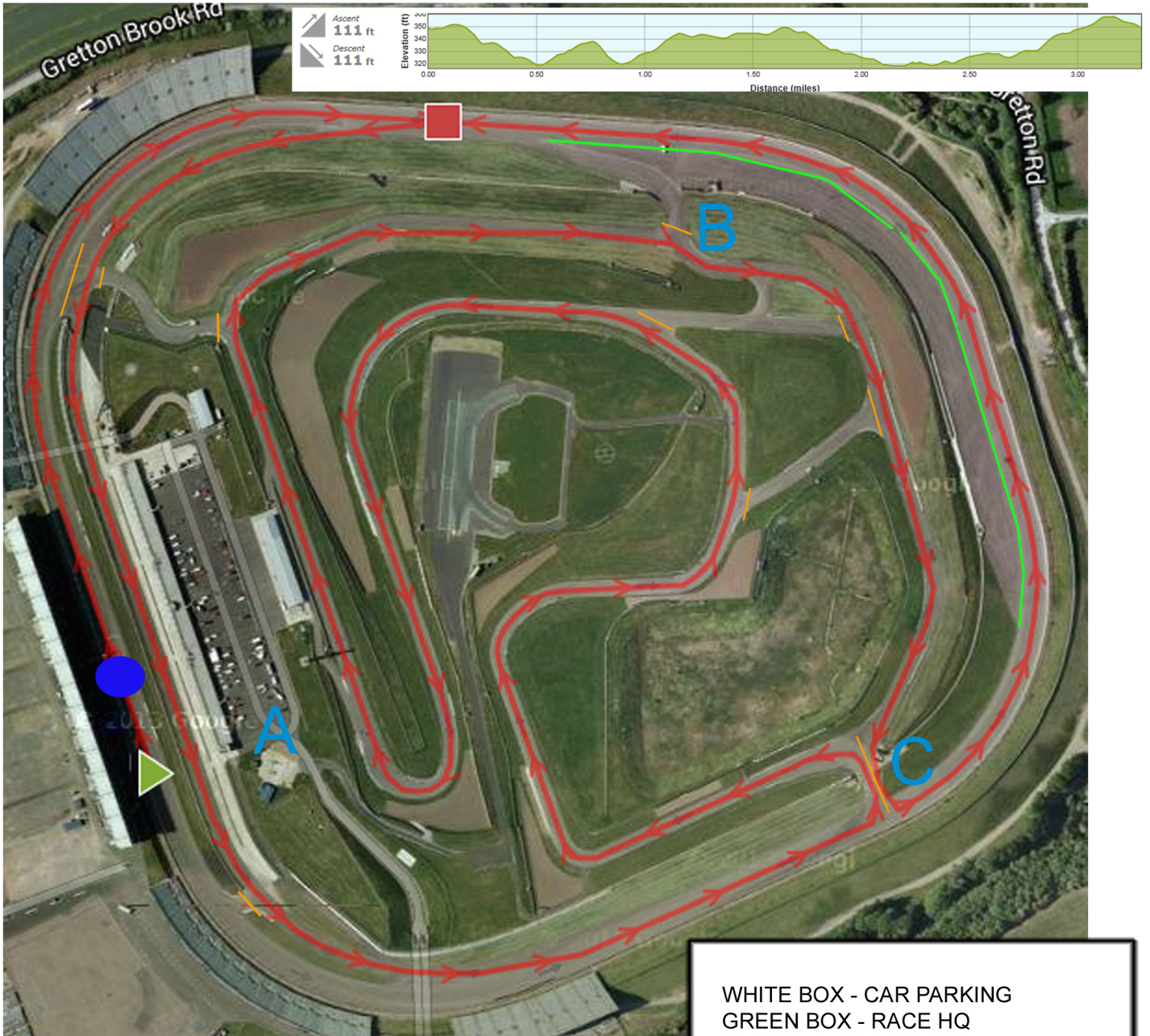


# ROCKINGHAM 10

10K = 2 Laps

10 mile = 3.5 Laps



**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