



CHEQUERED DOT - START/FINISH/RACE HQ
 RED DOT - MARSHAL
 BLUE DOT - WATER STATION
 ORANGE DOT - MEDICAL POINT
 BLUE ARROW - 10k DIRECTION OF TRAVEL
 RED ARROW - 10 MILE DIRECTION OF TRAVEL

BOTH DISTANCES ARE 1 LAP OF EACH COURSE
 THE 10 MILE HAS AN INNER LOOP WHICH IS TRAVERSED ONCE BEFORE REJOINING THE COURSE AT POINT 3 ON THIS MAP

