















































M55S, M60S, M70L, W16A, W55L, W60L									
11			5.2 km				80 m		
1	181								
Take Care crossing road									
2	231				2x2				
3	216								
4	214								
5	213				10x10				
6	237								
7	239								
Take Care crossing road									
8	176								
9	192				0.5				
10	111								
<span style="margin-left: 100px;">110 m</span>									
Courses Close at 15:00									

M70S, M75S, W55S, W60S, W65S, W70S, W75								
13			3.5 km			40 m		
								
1	181							
2	249							
Take Care crossing road								
3	244							
4	242							
Take Care crossing road								
5	134				15x12			
6	250				4x3			
7	179							
8	192				0.5			
9	111							
			110 m					
Courses Close at 15:00								

W14A, W16B, Light Green								
15			4.0 km			75 m		
								
<b>1</b>	126							
<b>2</b>	249							
Take Care crossing road								
<b>3</b>	244							
<b>4</b>	233				0.5			
<b>5</b>	237							
<b>6</b>	235							
<b>7</b>	239							
Take Care crossing road								
<b>8</b>	178							
<b>9</b>	192				0.5			
<b>10</b>	124							
 120 m 								
Courses Close at 15:00								










































M10A, M12B, W10A, W12B, Yellow									
17			2.9 km				55 m		
▶		↑	↗						
1	198		↗						
2	197		↗	↗	×				
3	194	↑	↗	↗	↘				
4	183		↗	↗	↘				
5	182	↖	↗	↗	↘				
6	175		↗	↗	↘				
7	180		∨		3x1				
8	186	→	↗						
9	193		↗					◁	
10	103		↗	↗	↘				
11	105		↗	↗	↘				


○

○


150 m

**Courses Close at 15:00**

M10B, W10B, White									
18			1.9 km			45 m			
									
<b>1</b>	112								
<b>2</b>	198								
<b>3</b>	113								
<b>4</b>	197								
<b>5</b>	199								
<b>6</b>	102								
<b>7</b>	103								
<b>8</b>	106								
<b>9</b>	114								
<b>10</b>	116								
<b>11</b>	115								
<b>12</b>	107								
<b>13</b>	105								



150 m



**Courses Close at 15:00**