



EVENT INFORMATION

A First Aid station and toilets are located at the Wren Building.

There will be a number of marshals around the course to direct you (marked with an **M** on the map); please listen, and adhere to, their instructions.

The Colour Stations are marked on the map (C/S).

If you have any questions on the day, please go to Event Control.

ONE LAP is 1 mile long; you may choose to do either 1, 2 or 3 laps