

SPECIAL CONSIDERATIONS FOR THE 10 MILE CHAMPIONSHIP EVENT

NOTE: NEW START TIME 6am

- ** First runners will be back crossing the start/finish line after their first short lap in possibly less than 4 minutes.
- ** Therefore ALL RUNNERS must start ON TIME: **please arrive at start line no later than 5:55am.**
- ** 10 mile competitors will run one short lap (1.1km) then continue to run 3 laps of the 5k circuit
- ** 5k and 10k competitors do not turn around with 10 mile runners - continue on as per normal 5k circuit

HEAD OFF AS USUAL, BUT WHEN YOU GET TO THE BOTTOM OF THE HILL:

- **5k and 10k competitors** keep running straight ahead
- **10 mile competitors**, turn around and run back up the hill to usual turnaround point on Hill End Terrace, run back to the start/finish, cross the timing mats and run a further 3x5k loops

