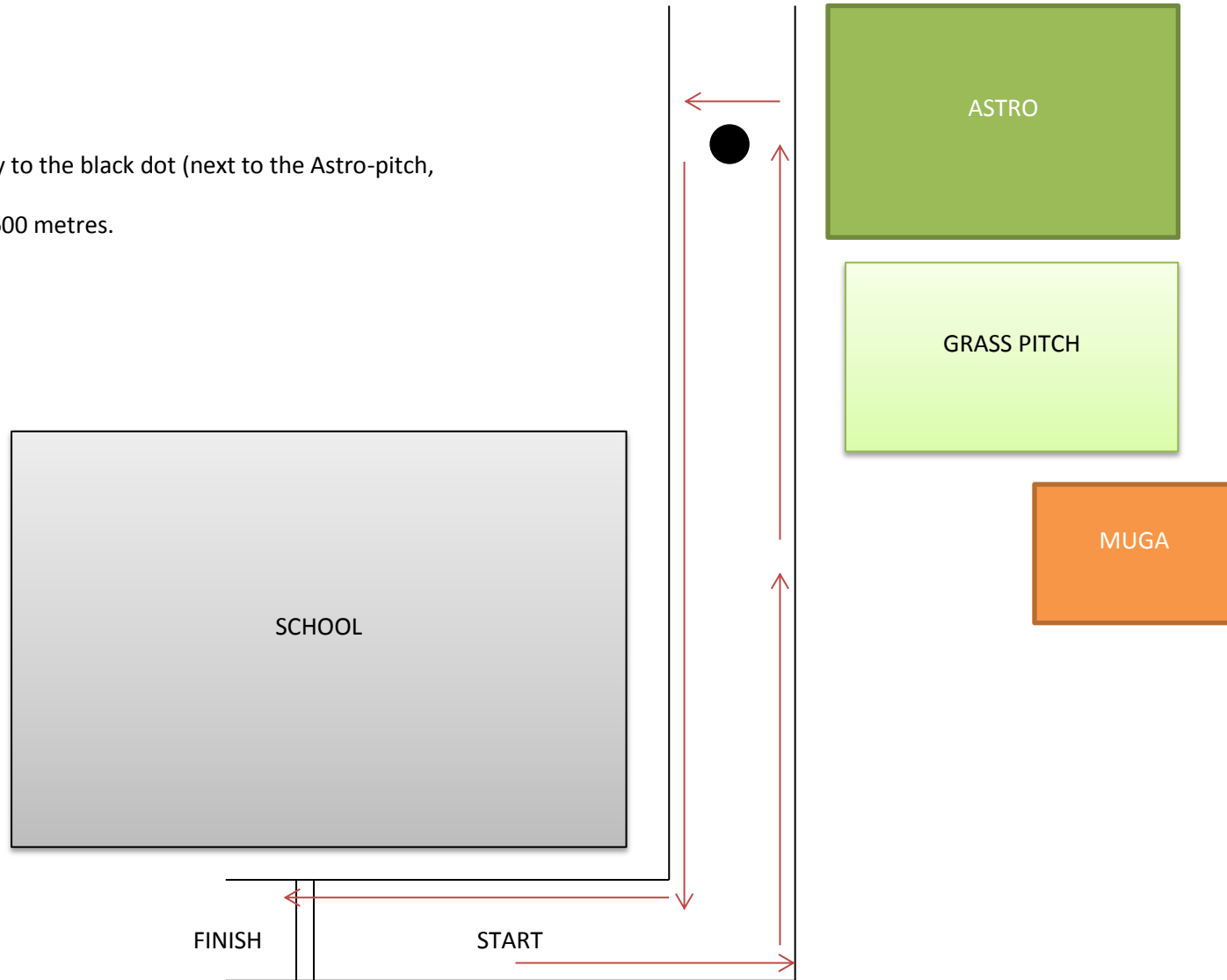


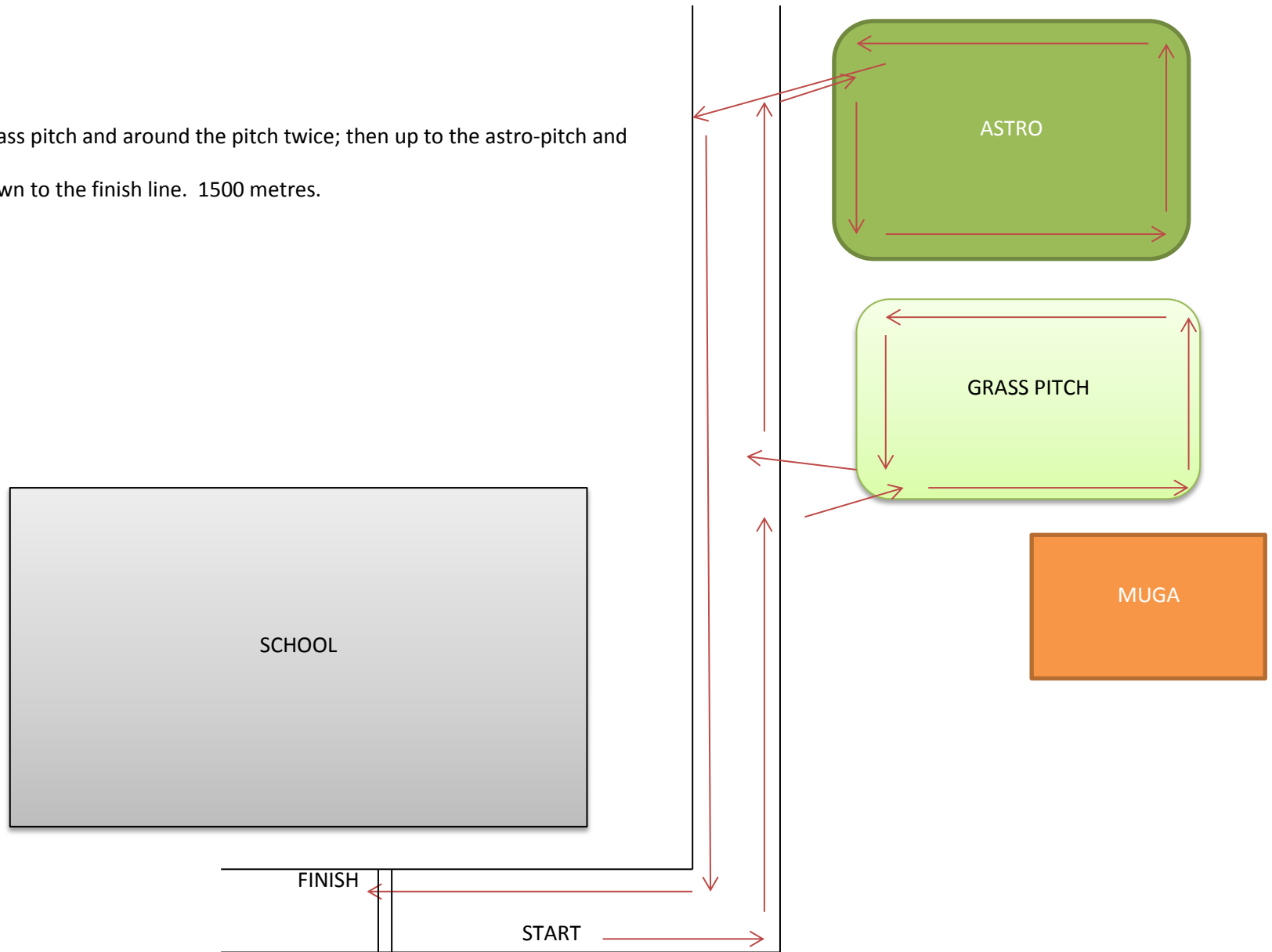
Age 8

From the start line all the way to the black dot (next to the Astro-pitch),  
then back to the finish line. 600 metres.



AGE 9-10

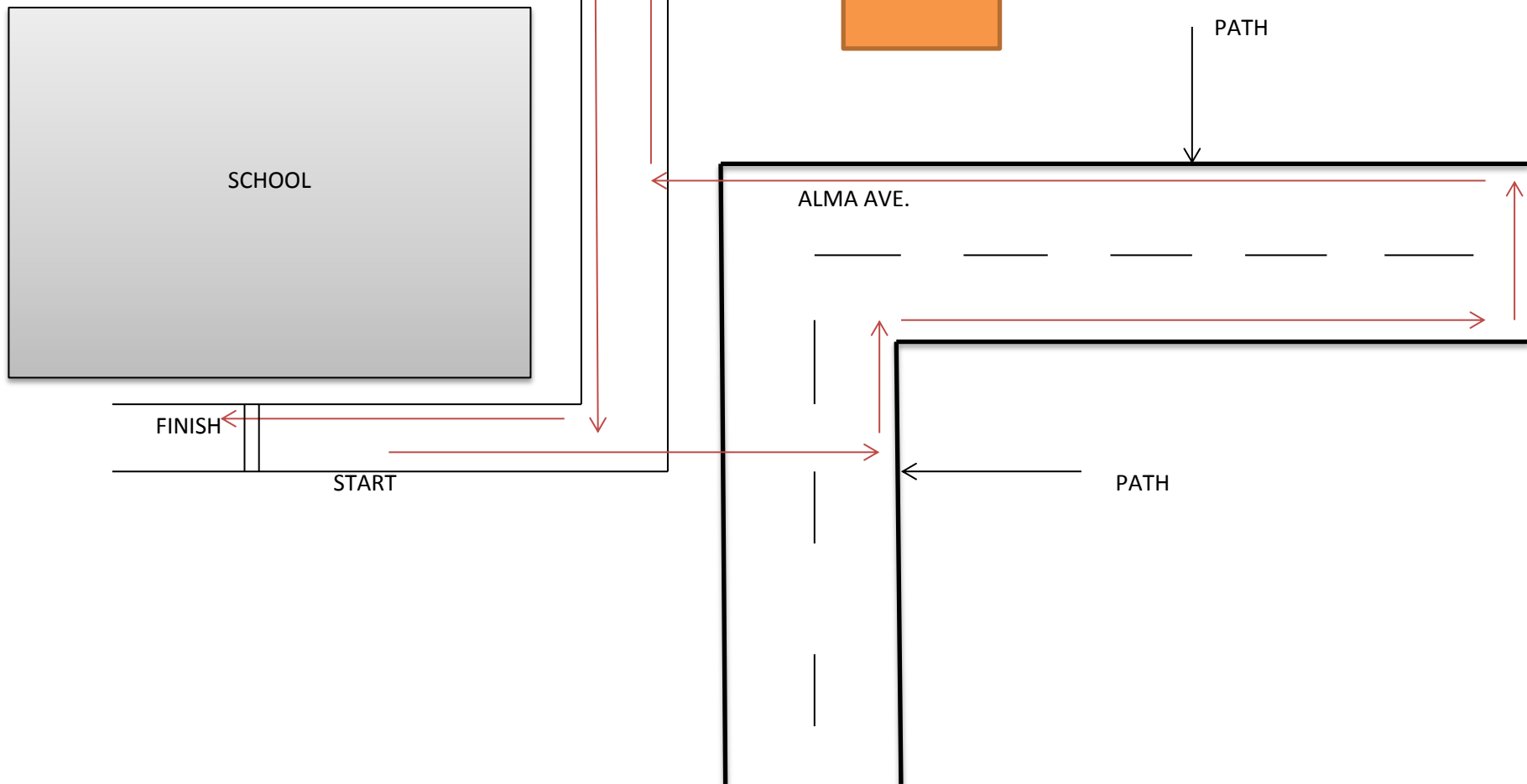
From the start line, up to the grass pitch and around the pitch twice; then up to the astro-pitch and around that once; then back down to the finish line. 1500 metres.



AGE 11-12

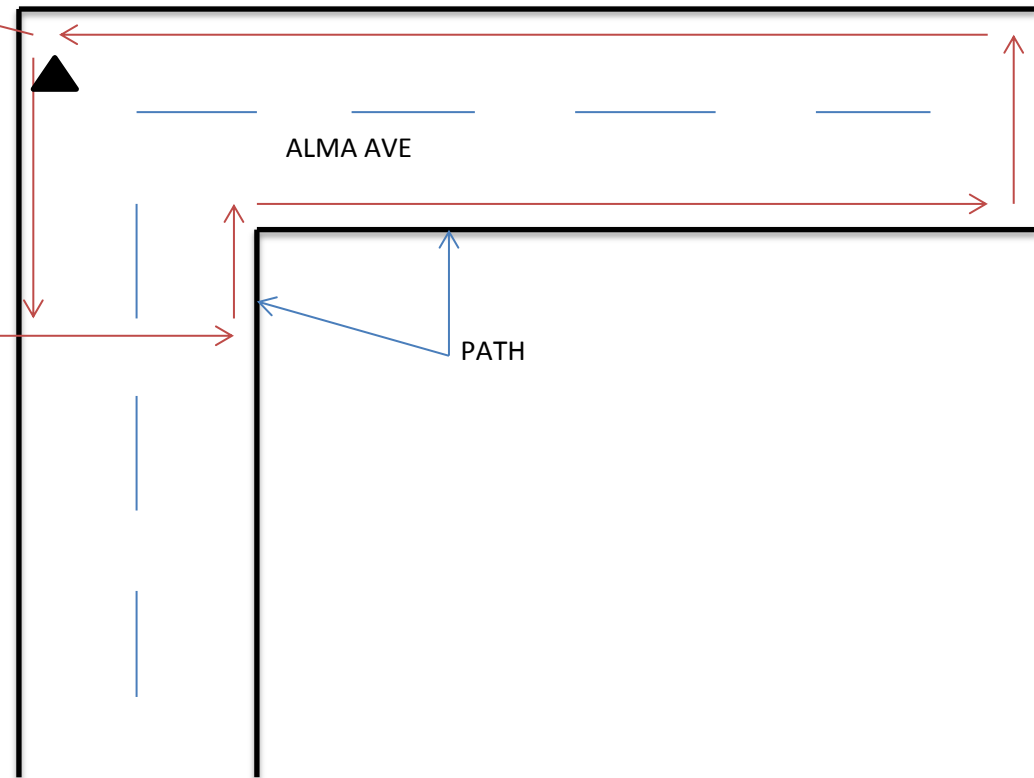
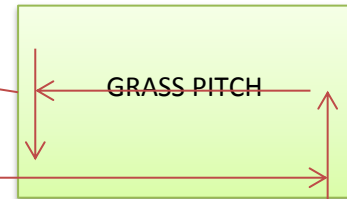
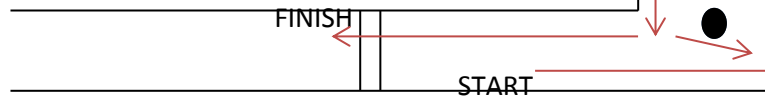
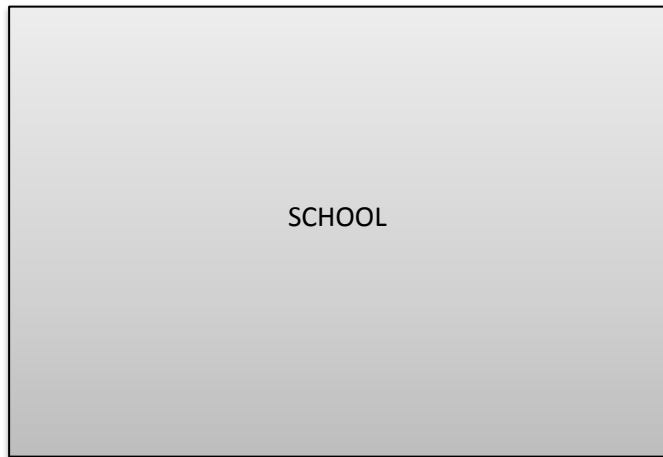
From the start line, to the far side of Alma Avenue, all the way up to the fence at the end of Alma Avenue; cross the road to the other side then all the way back down; up to the grass pitch, 2 laps of the pitch; then up to level with the entrance to the Astro-pitch, then back to the finish line.

2000 metres.



AGE 13-14 AND 15-16

From the start, cross to the far side of Alma Avenue; follow the path to the top and come back on the other side. Up to the grass pitch, around this once; up to the Astro-pitch, around this once; then back down to the lower black dot (near the start) and cross to the other side of Alma Avenue again (continued below)



Follow the path around until the triangle then up to the start of the astro-turf (indicated by the higher black dot), turn around and then go to the finish line.

3000 metres