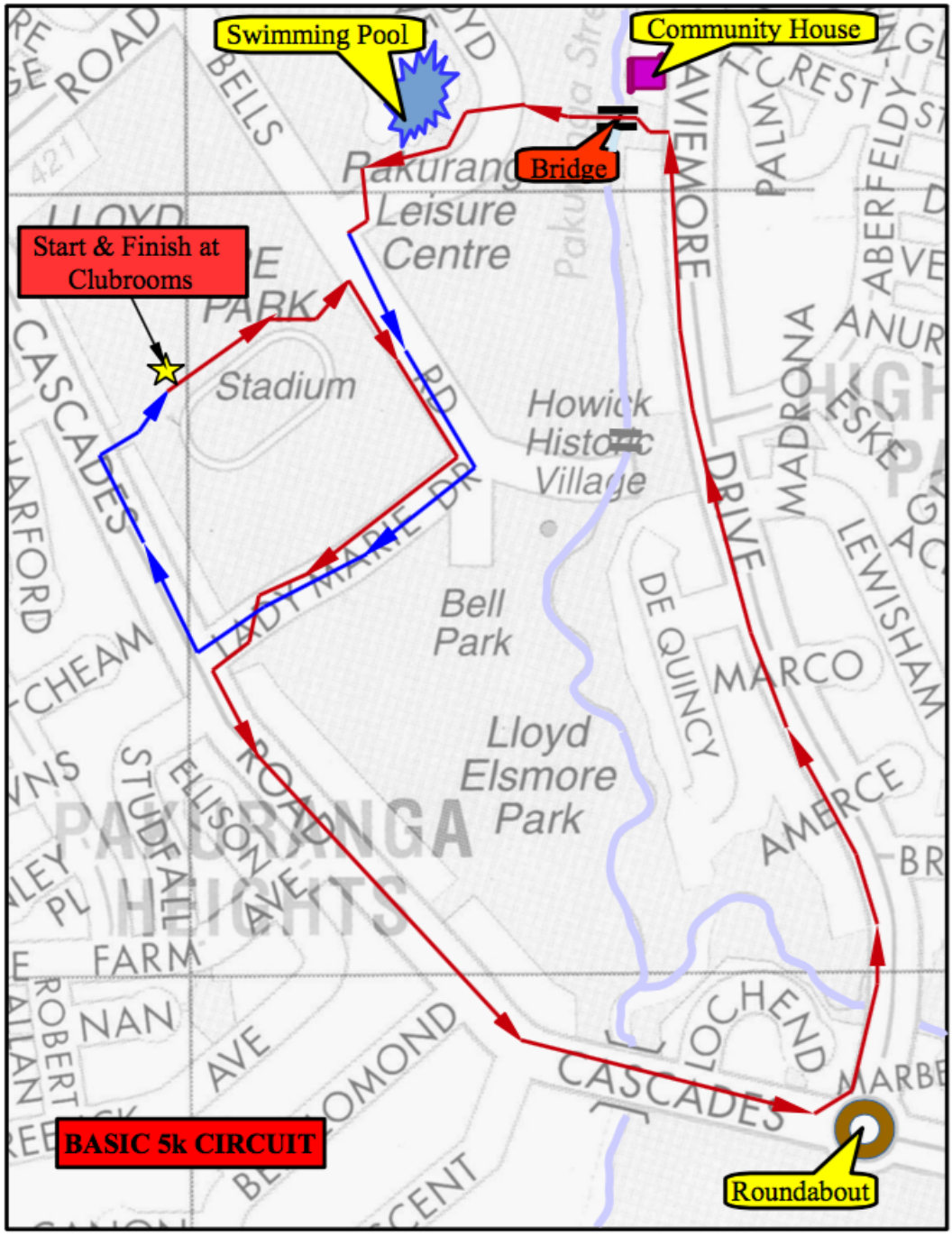

*** 10k Event** is two laps of the above 5k circuit.
*** Half Marathon** is four laps of the above 5k circuit - *plus extra around the track for the start of the first lap only.* *See diagram on page 14.*