



TIMETABLE – UPDATED (January 2013)

Sunday, 19 May

07.30 50 Km Senior (M)

12.00 10 Km Junior (M)

13.15 20 Km Senior (W)

13.30 10 Km Junior (M) Victory ceremony (Individual)

13.45 10 Km Junior (M) Victory ceremony (Team)

14.15 50 Km Senior (M) Victory ceremony (Individual)

14.25 50 Km Senior (M) Victory ceremony (Team)

15.15 20 Km Senior (M)

15.30 20 Km Senior (W) Victory ceremony (Individual)

15.45 20 Km Senior (W) Victory ceremony (Team)

17.00 10 Km Junior (W)

17.20 20 Km Senior (M) Victory ceremony (Individual)

17.35 20 Km Senior (M) Victory ceremony (Team)

18.15 10 Km Junior (W) Victory ceremony (Individual)

18.30 10 Km Junior (W) Victory ceremony (Team)