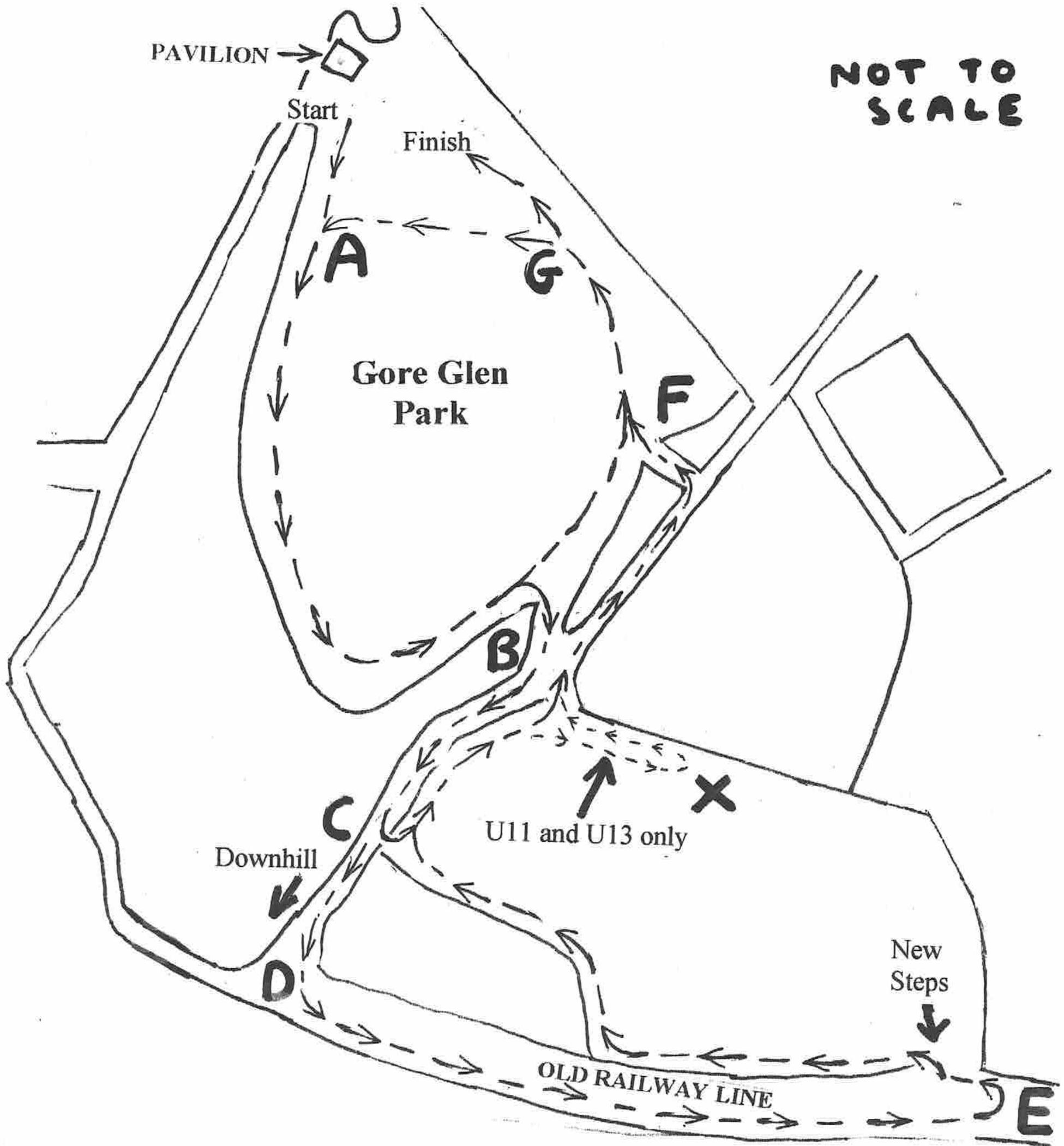


COURSES CHANGED FROM PREVIOUS GOREBRIDGE MEETINGS



TIME	RACE	LAPS	DISTANCE
1.15	U11 Boys & Girls	1 Medium	1.0 miles
1.25	U13 Boys & Girls	1 Small + 1 Medium	1.5 miles
1.40	U15 Boys ,Girls & U17 Women	1 Small + 1 Long	2.1 miles
2.00	Sen/Jun Women & U17 Men	2 Long	3.2 miles
2.30	Sen/ Jun Men	1 Small + 3 Long	5.3 miles

SMALL LAP	ABFG	800 Metres (0.5 miles)
MEDIUM LAP	ABCXFG	1,500 Metres (1.0 miles)
LONG LAP	ABCDEFGG	2,900 Metres (1.6 miles)