

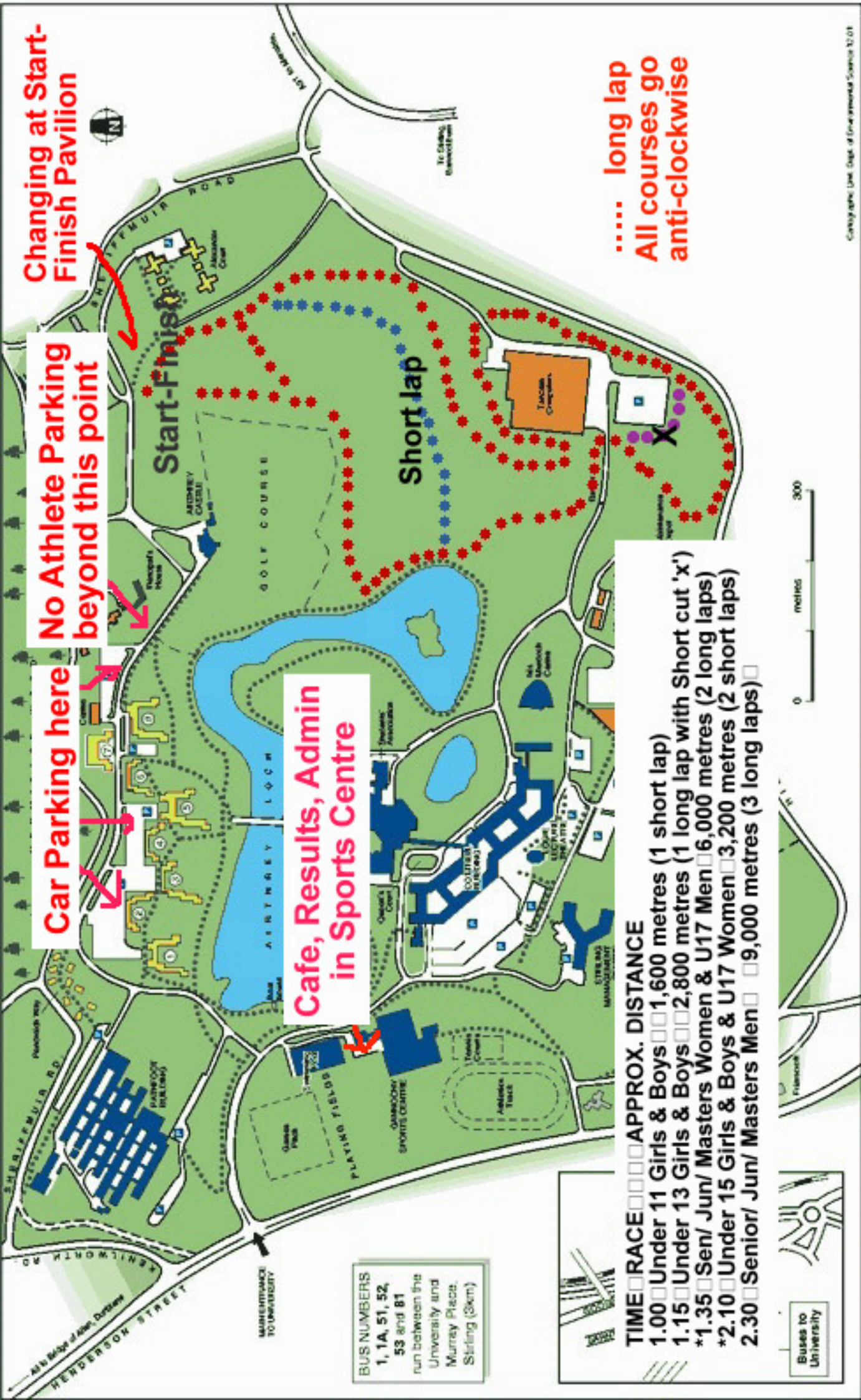
Changing at Start-Finish Pavilion

No Athlete Parking beyond this point

Car Parking here

Cafe, Results, Admin in Sports Centre

..... long lap
All courses go anti-clockwise



BUS NUMBERS
1, 1A, 51, 52, 53 and 81
run between the University and Murray Place, Stirling (3km)



Buses to University

TIME RACE APPROX. DISTANCE

- 1.00 Under 11 Girls & Boys 1,600 metres (1 short lap)
- 1.15 Under 13 Girls & Boys 2,800 metres (1 long lap with Short cut 'x')
- *1.35 Sen/ Jun/ Masters Women & U17 Men 6,000 metres (2 long laps)
- *2.10 Under 15 Girls & Boys & U17 Women 3,200 metres (2 short laps)
- 2.30 Senior/ Jun/ Masters Men 9,000 metres (3 long laps)

