



2.5km Course Map— 1 lap



Key:

 = start/finish





5km Course Map— 2 laps



Key:

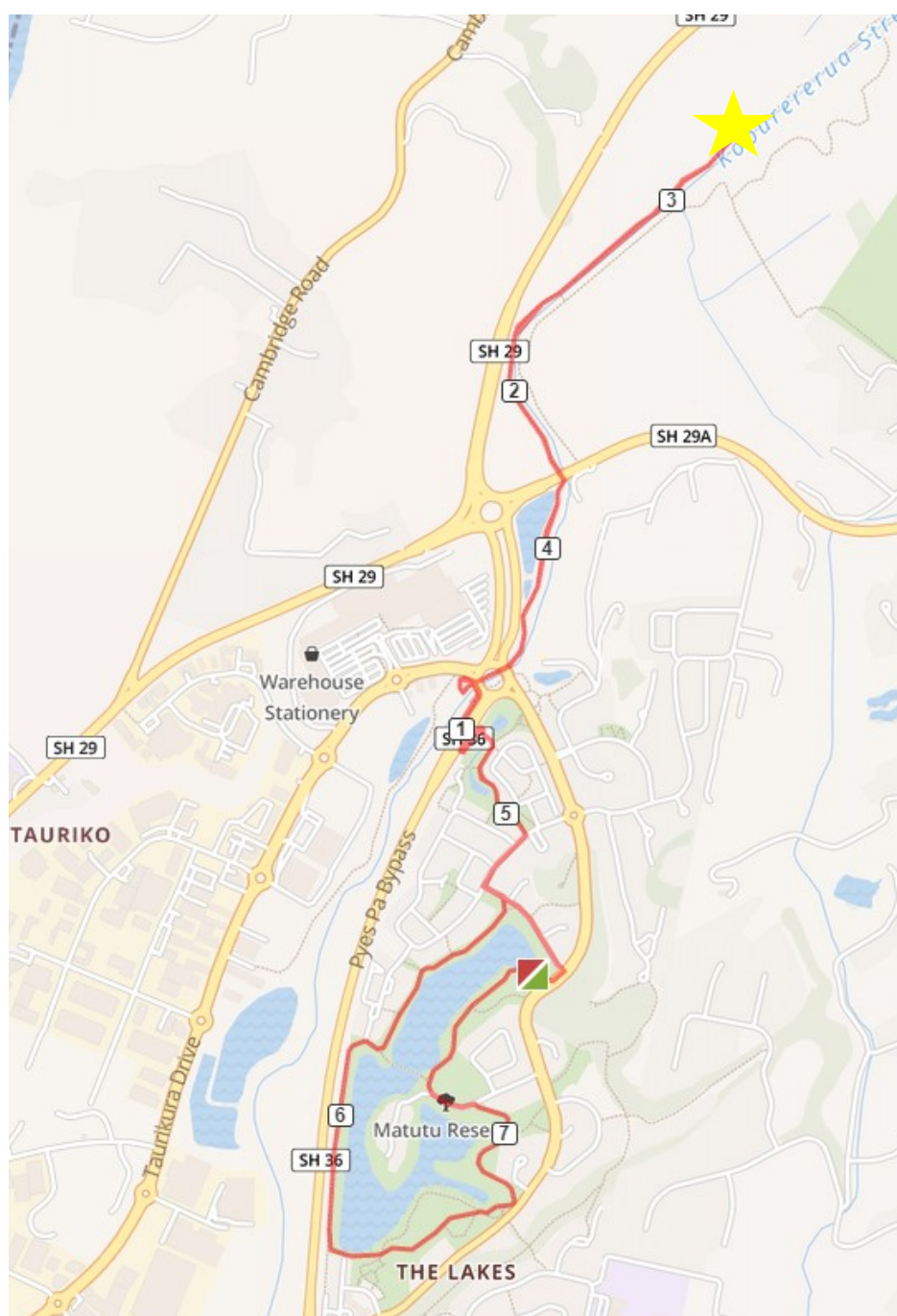
 = start/finish







7.5km Course Map

—out & back then 1 lap round the lake



Key:

-  = start/finish
-  = turn

