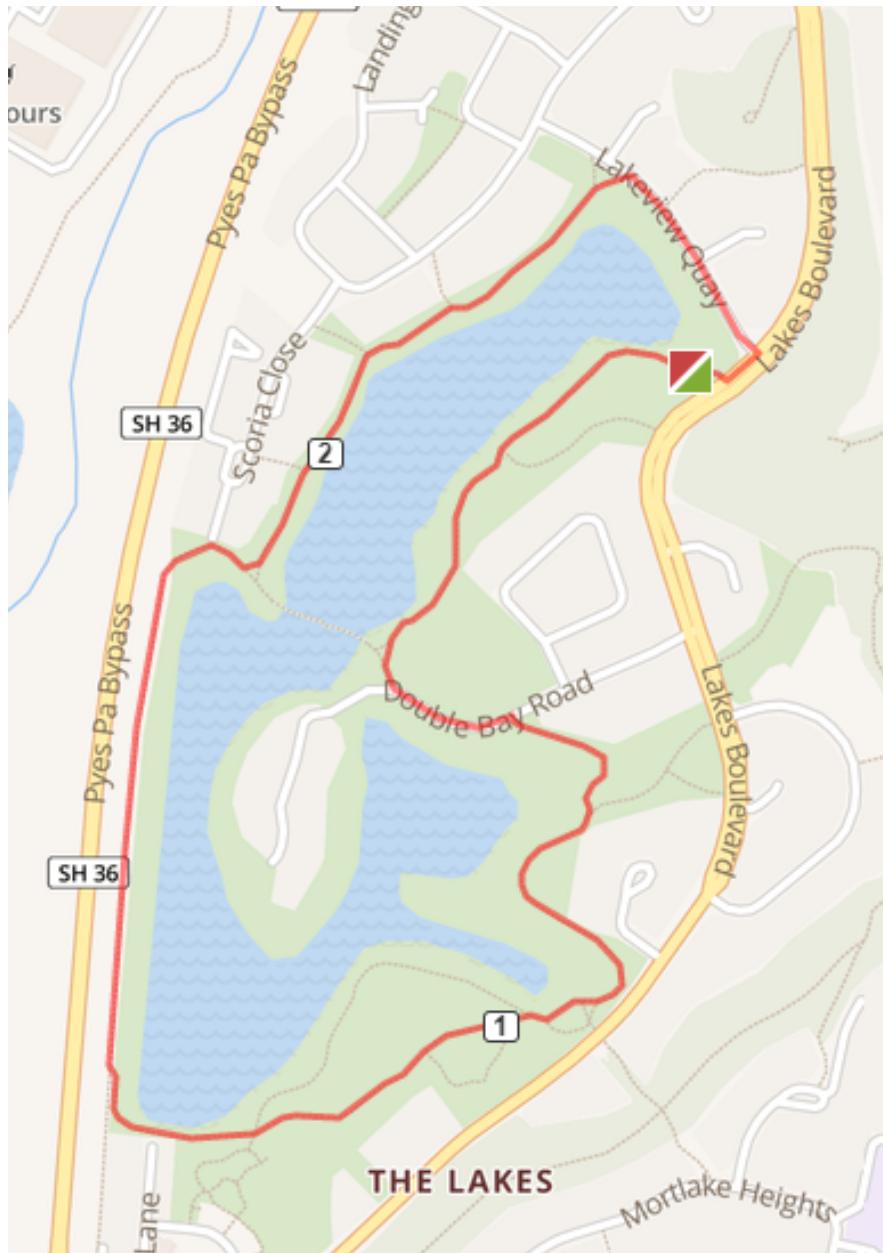




Heart & Sole
Women's
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HOMES

2.5km Course Map— 1 lap



Key:



= start/finish

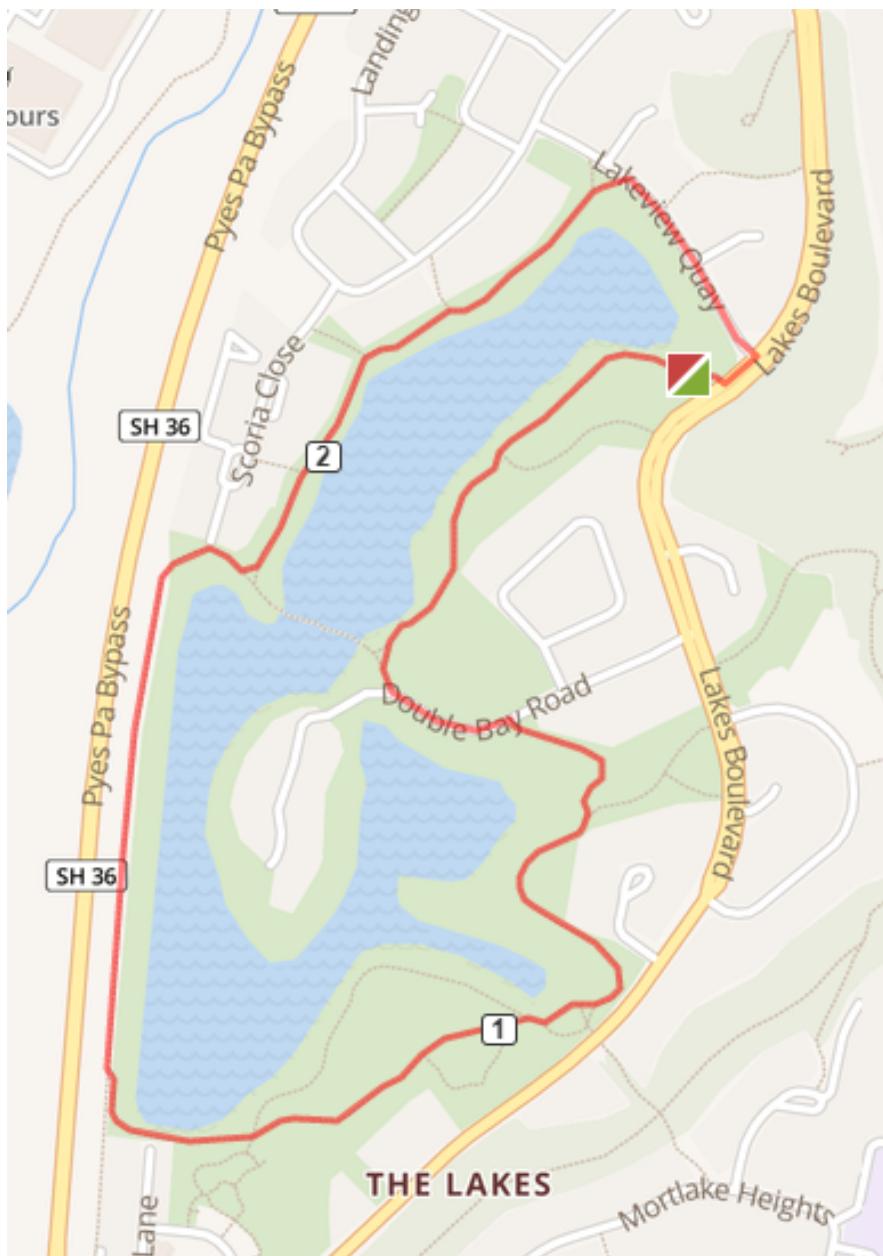
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5km Course Map— 2 laps



Key:



= start/finish

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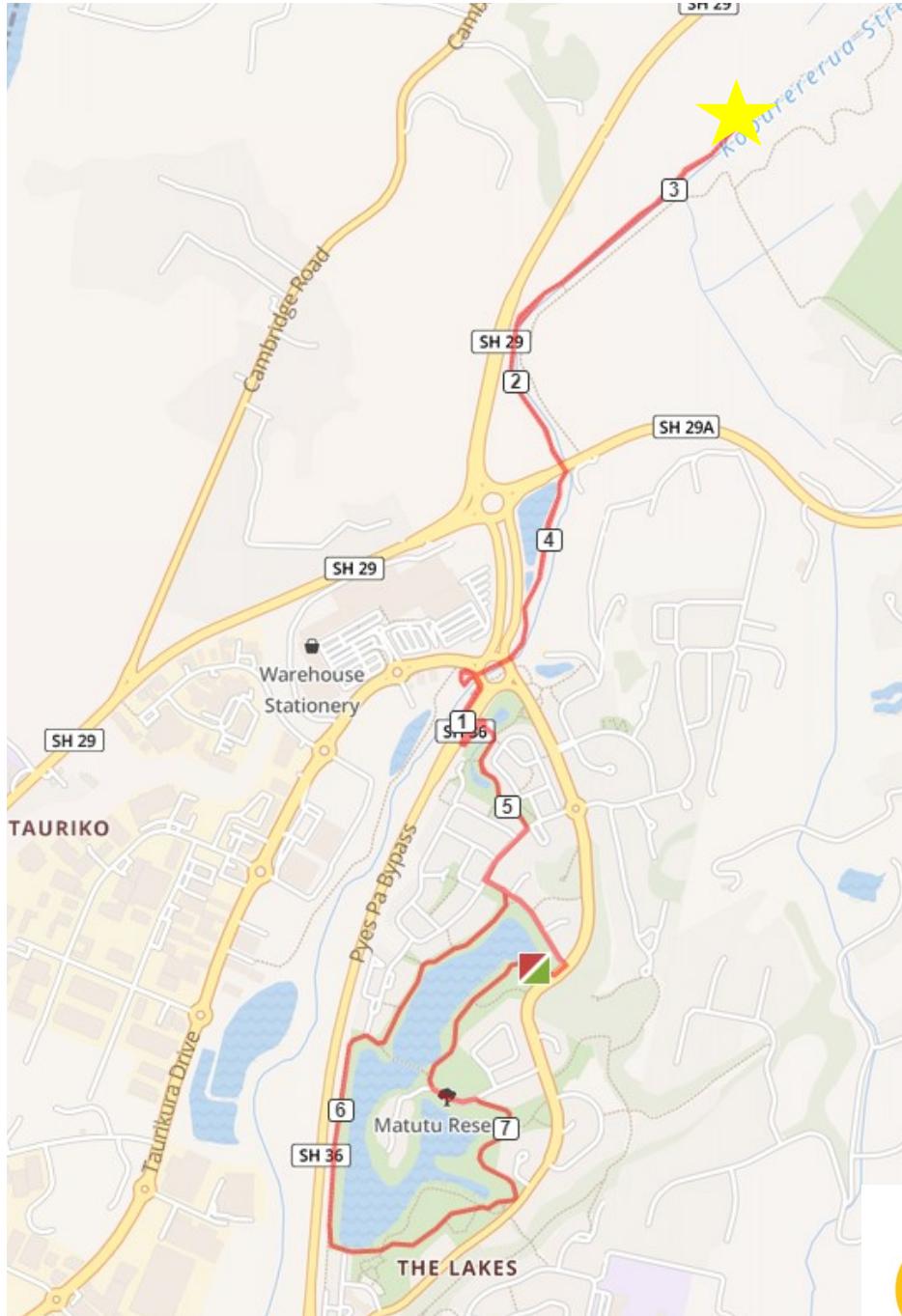


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7.5km Course Map

—out & back then 1 lap round the lake



Key:

-  = start/finish
-  = turn

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