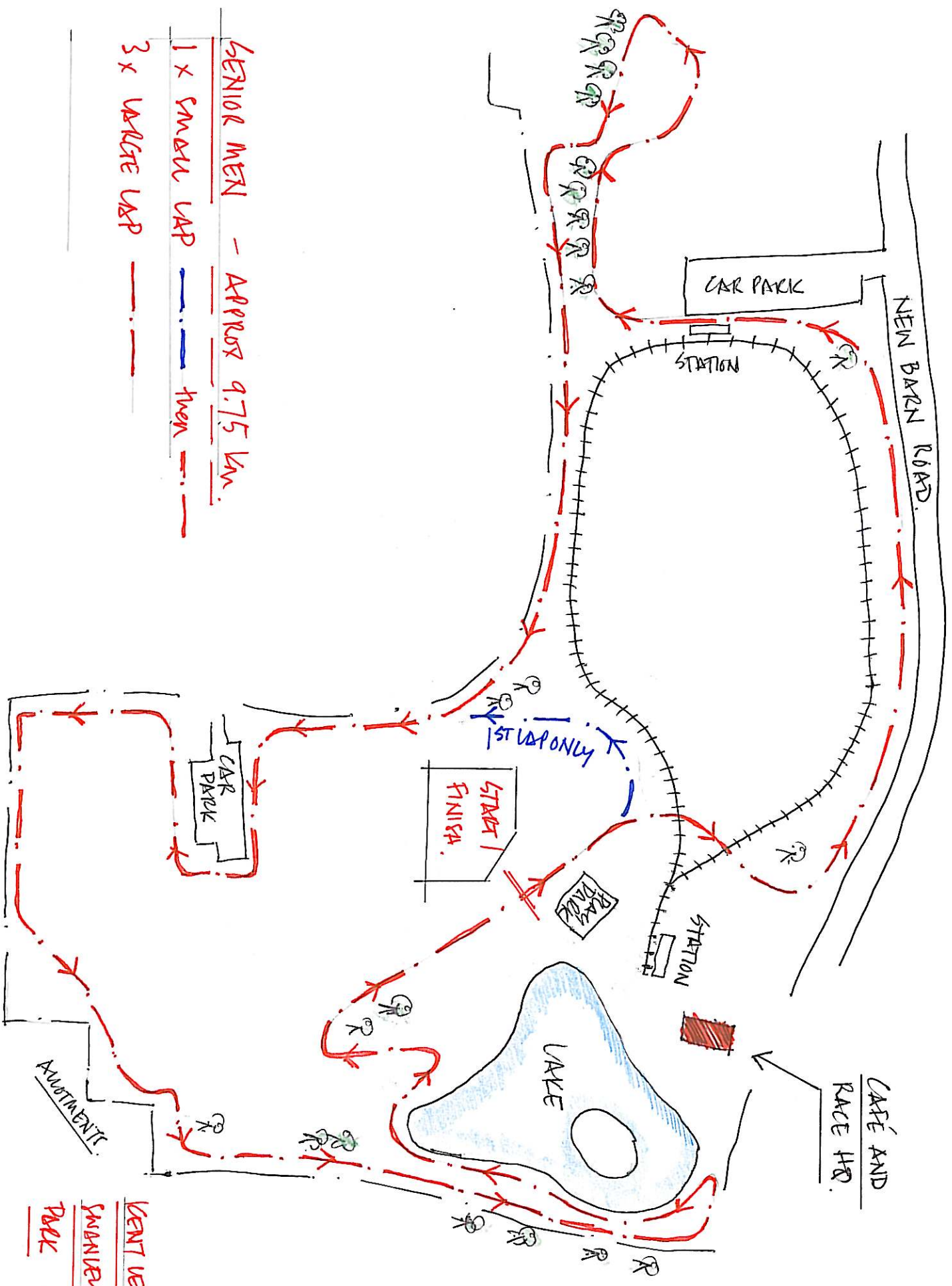


SENIOR MEN - APPROX 9.75 km.
 1 x small LAP - blue dashed line
 3 x WALKER LAP - red dashed line



LENT VERGUE
 SWANSEN
 Park