## Hadspen

Address: 1A Claire Street, Hadspen (allow 15 mins from CBD)
Meet: Hadspen Recreation Park (Claire Street, Hadspen)
Start: 1:00pm

## Order of events:

Div. 3-1.5km Boys combined with Primary School Series
Div. 3-1.5km Girls combined with Primary School Series
Div. $2-3 \mathrm{~km}$ combined with Senior School Series (male and female run together)
Div. 1-6km

## Distances:

- Division $1-6 \mathrm{~km}$
- Division $2-3 \mathrm{~km}$
- Division 3-1.5km

Type of Race: Handicap for Div 1 - Sealed handicap for Div 2 and 3

Course Description: Trails and paths around the Cricket ground and along the river walk area.

## This is a Personal Best Competition

 Event.

Map to Venue: Proceed to Hadspen and follow Main street. Turn into Claire Street, proceed to Recreation ground.


## NEWSTEAD <br> ATHLETICS

## Event 1.5km:

Start on right of the car park level with the barrier with chalk mark and run round the track outside the oval - Turn right downhill on the path to the river - Follow the path to the cone and return the same way and finish at the start point.


## Event 3km

Start on right of the car park level with the barrier with chalk mark and run round the track outside the oval - Turn right downhill on the path to the river - Follow the path to cone and return.- Return the same way and finish at the start point.


## Event: 6km

Nice and simple out and back along the 3 km course but do it twice.


