

Heritage Forest

Address: Heritage Forest, Conway Street, Invermay

Meet: BBQ Area, Conway Street entrance of Heritage Forest.

Start: 1:00pm

Distances:

- Division 1 – 5km
- Division 2 – 3km
- Division 3 – 1.5km

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 – 3km combined with Senior School Series (male and female run together)

Div. 1 – 5km

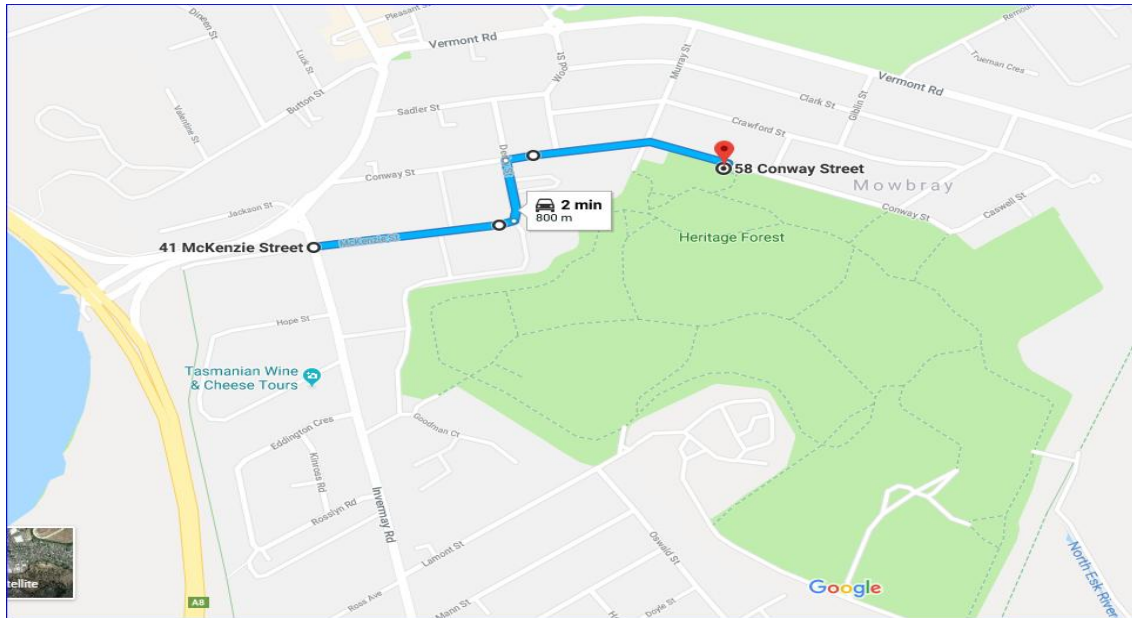
Type of Race: Handicap for Div 1 – Sealed handicap for Div 2 and 3

This is a Personal Best Competition Event.



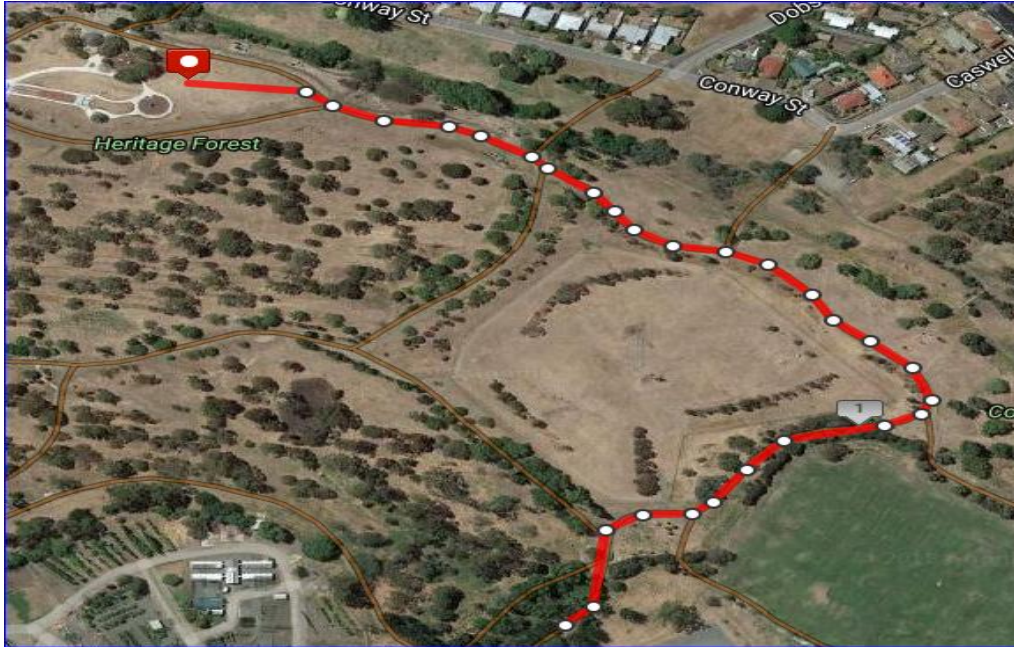
Course Description: This is an easy flat course following the trails through Heritage Forest.

How to get there: Proceed towards Mowbray via Invermay Road. Turn into Mackenzie Street and follow until you get to Conway Street where you turn right. Its approximately two blocks along on your right.



Event 1.5km:

This is an out and back course starting near the playground. It follows the trails to a cone and then returns to the start following the same track.



Event 3km

Follows the same course as the 1.5 event but further, still following the trails then return along the same course.



Event: 5km

The course starts with a lap of the playground area (following the green arrows), then follow the pink then red arrows (basically you do the outer track twice). This is a fast course, excellent to test your speed.

