

## **Heritage Forest #2**

**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)

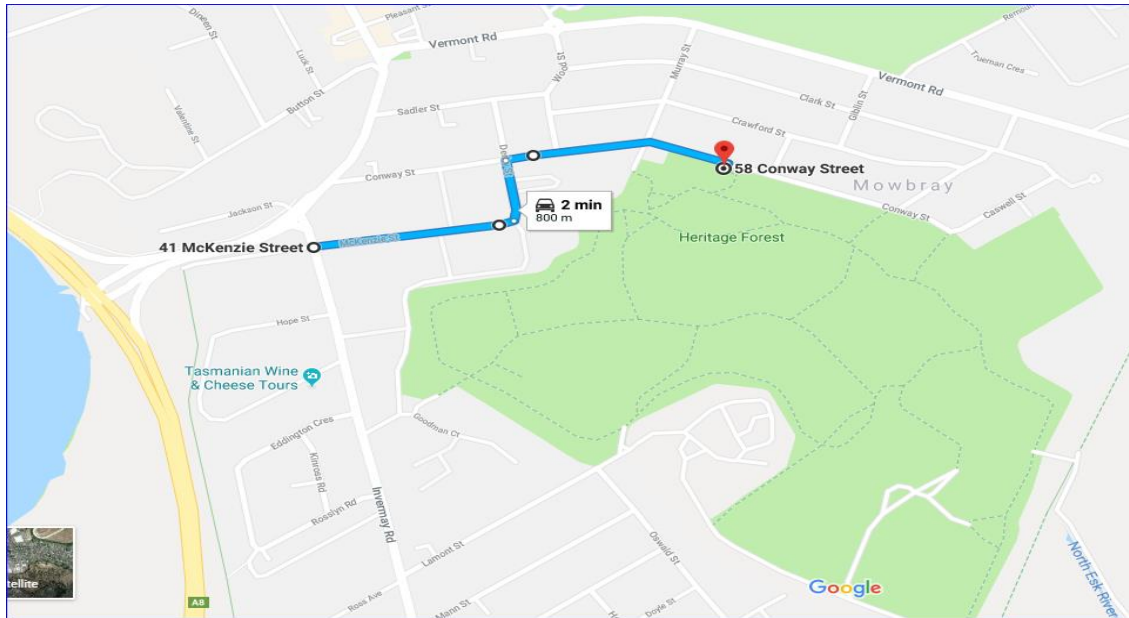
Div. 1 – 5km

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



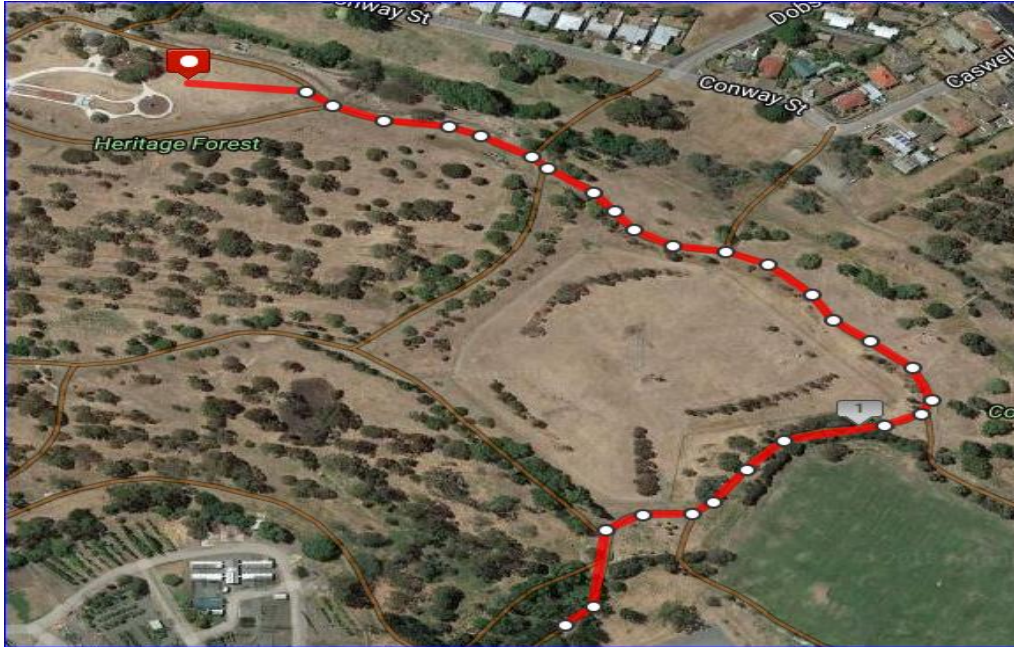
**Course Description:** This is an easy flat course following the trails through Heritage Forest.

**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.



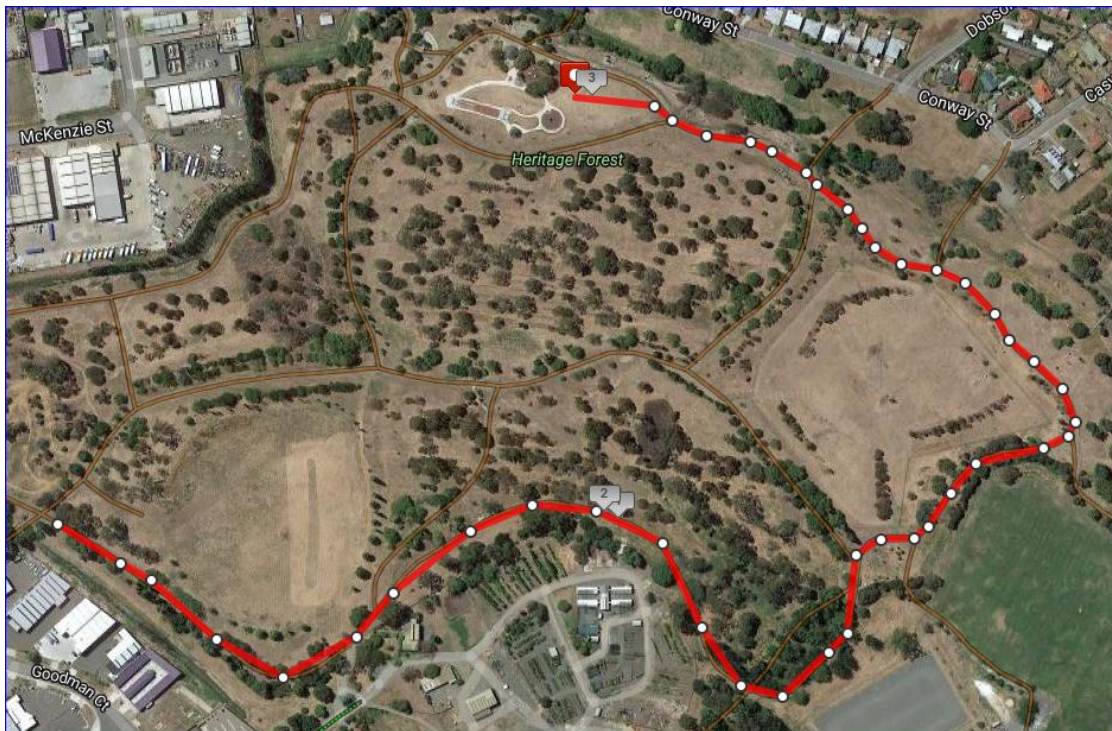
**Event 1.5km:**

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.

