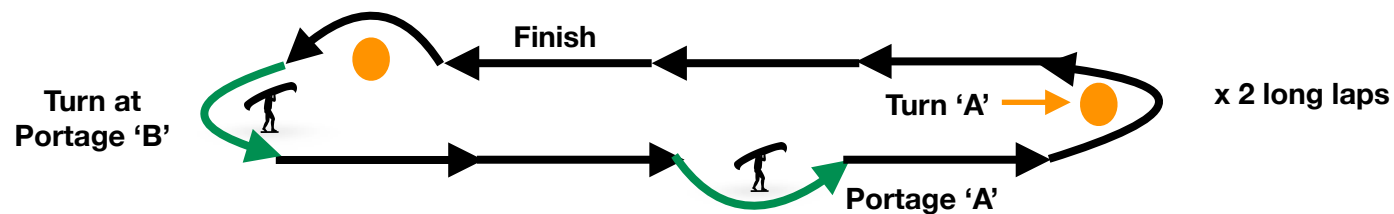


Start 4 Junior WK1, Junior MC1 and Senior, U23 & Junior WC1

17km Two long laps, one short lap four portages (no portage 'A' on first lap)



For Lap 3 - the short lap - turn after portaging at portage 'A'