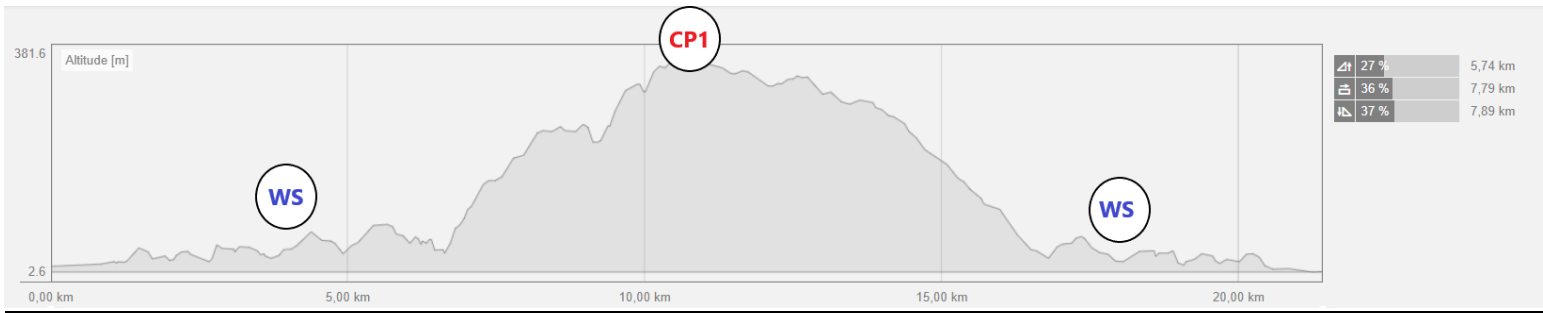
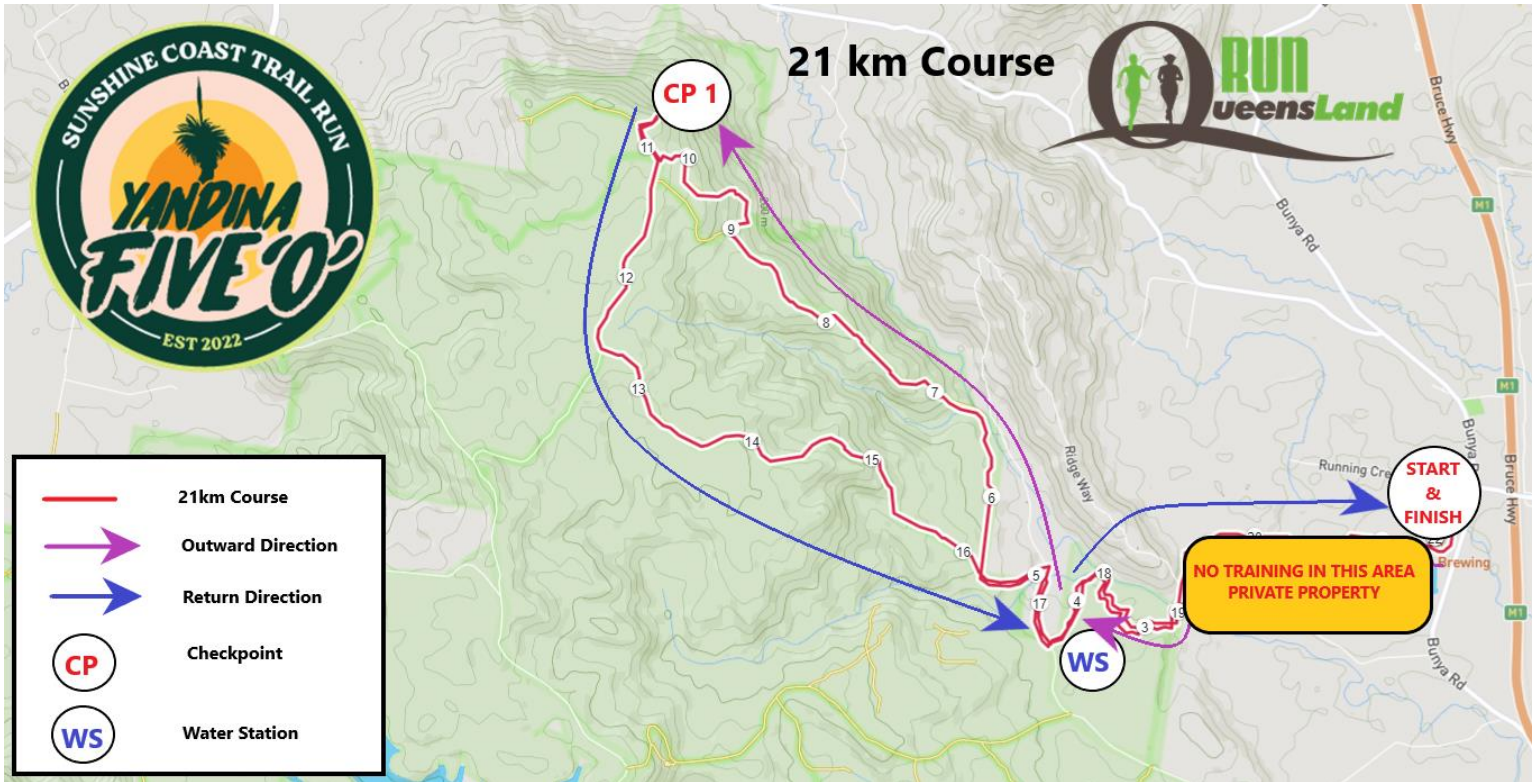


21km Course Info



Elevation Gain 700m
 Uphills 5.73km
 Downhills 7.90km

Leg	Distance	Cumulative	Cut off times
Start – Water Station	4.3km	4.3km	
Water Station - CP1	6.3km	10.6km	11am
CP1 – Water Station	6.7km	17.3km	
Water Station - Finish	4.2km	21.7km	6pm