

WOMEN'S 4K COURSE MAP



START-A-B-C-D-E-F-G-START-A-B-D-E-F-G-START-A-B-D-E-F-G-START-FINISH

MEN'S 6K COURSE MAP



(START)-A-B-C-D-E-F-G-START-A-B-C-D-E-F-G-START-A-B-C-D-E-F-G-START-A-B-C-D-E-F-G-START-FINISH