

## Cross Country Race 1 – ACM Clubrooms

2 km lap – follow the flags and arrows

Pass within 5m either side of a marker.

Start in front of club rooms, run alongside the track up through the gate then hard left down to the limestone path and back towards the swing bridge. Across the face of the bridge then down onto the grass alongside the deer park until the BMX track then up onto the stop bank for 100m then right onto the river bank. Towards the Colombo bridge then up onto the footpath **before the bridge**, across the stop bank and down onto the sports field. Across the field to join the track below the hospital. Follow flags back to the deer park, turn right and follow the markers back to the club rooms to complete the lap.

