

VERSION 4 at 4/10/16

No.	Time	Event	Dist	H,S,F	No.	Time	Event	Dist	H,S,F
79	8.00	Open MK2	1000	F	109	12.15	Open MK1	500	BF
80	8.08	Open WK1	500	S1	110	12.20			AF
81	8.13	U16 WK1	500	H1					
82	8.18			H2	111-	12.30	U14,U16,U18,Open Women	5km	F *
83	8.23	U16 MK1	500	F	116		& U14, U16 Men		
84	8.28	U14 MK1	500	F					
85	8.33	U14 WK1	500	F	117-	1.00	U18, Open & Mast Men	5km	F *
86	8.38	U18 WK4	500	F	119				
87	8.43	U18 MK1	1000	F					
88	8.51	Masters MK1	1000	H1					
89	8.59			H2					
90	9.07	Open MK4	1000	F					
91	9.15	Open WK1	500	F					
		BREAK & PRIZEGIVING (7)							
92	9.40	Novice WK1	1000	F					*
93	9.40	Tyros WK1	1000	F					*
94	9.50	Novice MK1	1000	F					*
95	9.50	Tyros MK1	1000	F					*
96	10.00	Open MK1	1000	BF					
97	10.08			AF					
98	10.16	Open WK2	500	F					
99	10.21	Masters MK1	1000	F					
100	10.29	U14 WK4	500	F					
101	10.34	U18 MK2	1000	F					
102	10.42	U16 WK1	500	F					
103	10.47	U18 WK2	500	F					
		BREAK							
104	11.15	Open MK1	500	S1					
105	11.20			S2					
106	11.25	Masters MK4	1000	F					
		LUNCH BREAK & PRIZEGIVING (9)							

1.30 PRIZEGIVING (11)

* Start at beach

Colour Key

Tyros W	Tyros M
U14 W	U14 M
U16W	U16 M
U18W	U18 M
Open W	Open M
Mast W	Mast M