

TRACK & TRAIL

SATURDAY 26TH SEPTEMBER

Trail

Cutting the ribbon!
09:15 - 09:30

**Family
Trail Taster (12+)**
09:30 - 10:00

Trail Taster
10:00 - 10:30

Trail Taster
10:30-11:00

**Family
Trail Taster (12+)**
11:00 - 11:30

Track

Speed Intervals
08:00 - 08:45

Track Intervals
09:30 - 10:15

Beginners' Run
10:30 - 11:15

Open Track
11:30 - 12:30

Open Track
12:30 - 13:30

Track

**Mini-Lympics
(Ages 5-8)**
10:15 - 11:00

**Mini-Lympics
(Ages 9+)**
11:30 - 12:30

FREE



Not a BCS Member?
Come along & try our new facilities FREE of charge!