

TRACK & TRAIL

SATURDAY 26TH SEPTEMBER

Trail

Track

Track

Cutting the ribbon!
09:15 - 09:30

Family Trail
(Ages 12+)
09:30 - 10:15

Teen Trail
(Ages 14-15)
10:30 - 11:15

Open Trail
(Ages 16+)
10:30 - 11:15

Open Trail
(Ages 16+)
11:30 - 12:15

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

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

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

**Members go
FREE!***



Not a BCS Member?
Come along on a pay-as-you-go basis!