



Saturday 1st November 2025		
Details	Start Time	Distance
Registration Opens	8:00am	
Masters Men 8+	8:30am	30 minutes + 3 Laps
Masters Men 7	9:20am	30 minutes + 3 Laps
Masters Men 6	10:10am	30 minutes + 3 Laps
Presentations		Masters 6+ Men
U19 Men	11:00am	30 minutes + 3 Laps
U19 Women	11:15am	30 minutes + 3 Laps
Presentations		Under 19s
U23 & Elite Women	12:10pm	1 hour + 3 Laps
U23 Men	1:25pm	50 minutes + 3 Laps
Elite Men	2:30pm	1 hour + 3 Laps
Presentations		U23 & Elite

Sunday 2nd November 2025		
Details	Start Time	Distance
Registration Opens	8:00am	
Masters Women 5+	8:30am	40 minutes + 3 Laps
Masters Women 1-4	9:30am	40 minutes + 3 Laps
Presentations		All women
Master's 1-2 Men	10:30am	40 minutes + 3 Laps
Master's 3 Men	11:30am	40 minutes + 3 Laps
Presentations		Master's 1 - 3 Men
Master's 5 Men	12:30pm	40 minutes + 3 Laps
Master's 4 Men	1:30pm	40 minutes + 3 Laps
Presentations		Master's 4 & 5 Men