

MASTERS ATHLETICS WA

- RRC 25 KM
- RWC 15 KM
- 10 KM
- 5.2 KM RRC & RWC

RUNS

- 25 KM (= 15 KM + 10 KM)
- 15 KM
- 10 KM
- 5.2 KM

WALKS

- 15 KM
- 10 KM
- 5.2 KM

- TURN FOR 10 KM
- THIRD TURN FOR 25 KM
- (200M AFTER EAST ST)

WATER

WATER

- TURN FOR 15 KM
- FIRST TURN FOR 25 KM
- (AT "WATERLAND")

- TURN FOR 5.2 KM
- (WEST OF BRIDGE)

WATER

- START
- SECOND TURN FOR 25 KM
- FINISH

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