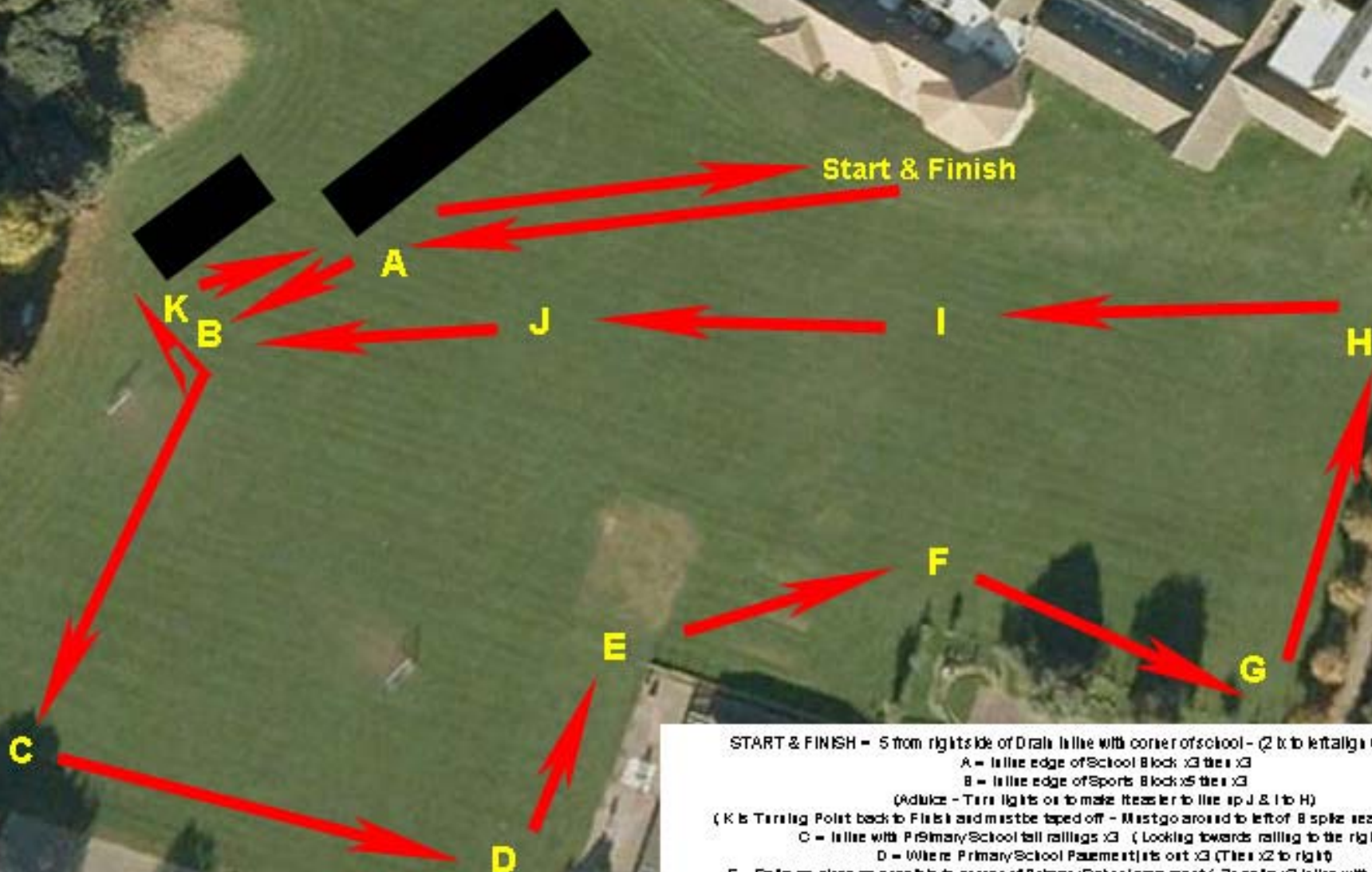


WINTER STT COURSE



START & FINISH = 5m from right side of Drain In line with corner of school - (2 to left align with street light)
A = In line edge of School Block x3 ties x3
B = In line edge of Sports Block x5 ties x3
(Advice - Turn right or to make it easier to line up J & I to H)
(K is Turning Point back to Finish and must be taped off - Must go around to left of B spike nearest Sports Block)
C = In line with Primary School tall railings x3 (Looking towards railings to the right x2)
D = Where Primary School Pavement lets out x3 (Ties x2 to right)
E = Spike as close as possible to corner of Primary School pavement (2a spike x2 In line with pavement to left)
F = In line with Fence 1st spike x1 ties x2
G = Right hand side Gate Post with Cable tie x1 ties x2 (Cricket Spike x3 out)
H = Cable tie nearest to gate on left x1 ties x2 (Cricket Spike must be 3 out - This must be taped off directing back to B)
(Advice D Turn right or to make it easier to line up I & J to B)
I & J = At intervals between H & B approx x2 apart - Must be in line with B & H

IMPORTANT (After the start of the Race turn of lights at A - This prevents members running towards A and not B on each lap)