



**START**  
Woodlark Street

↑  
TERANIA  
4K  
walk > run

↑  
LORD'S TAVERNERS  
10K  
run

↑  
MASTERS  
21K  
run

**FINISH**  
Woodlark Street

↑  
TERANIA  
4K  
walk > run

↑  
LORD'S TAVERNERS  
10K  
run

↑  
MASTERS  
21K  
run

↑  
TERANIA  
4K  
walk > run

↑  
LORD'S TAVERNERS  
10K  
run

↑  
MASTERS  
21K  
run

LISMORE

