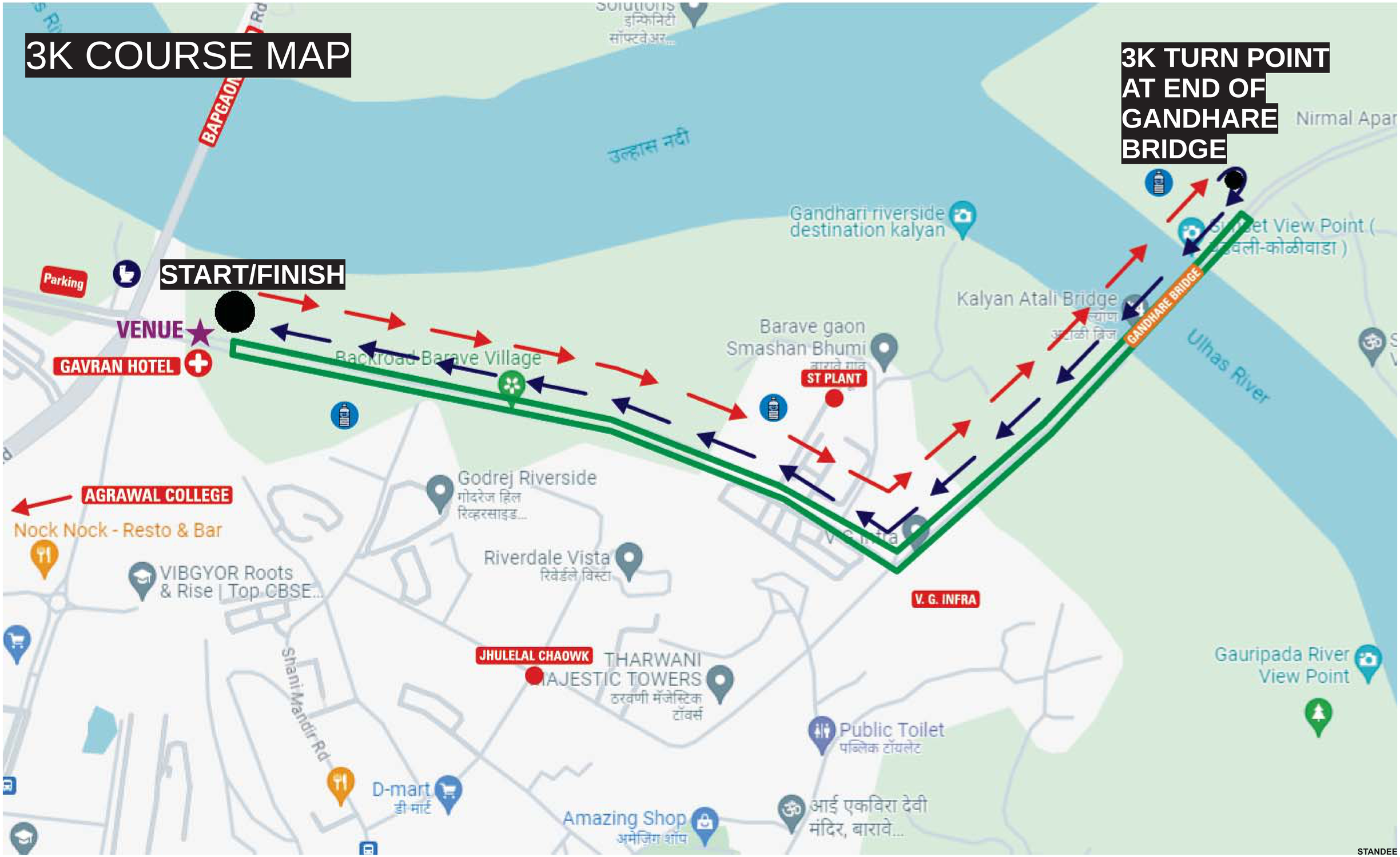
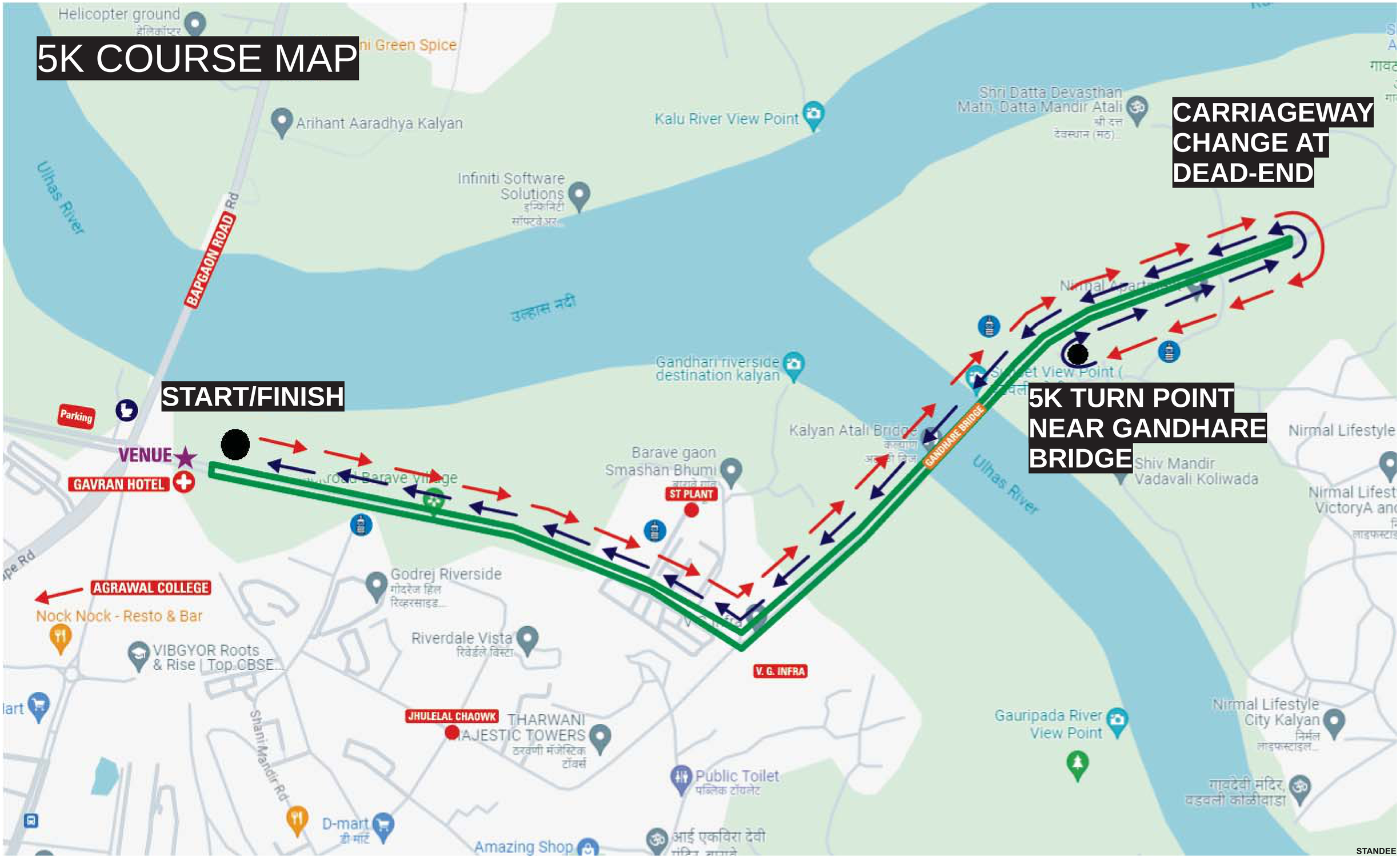
3 km - Reporting time 8.15 am Start Time 8.45 am



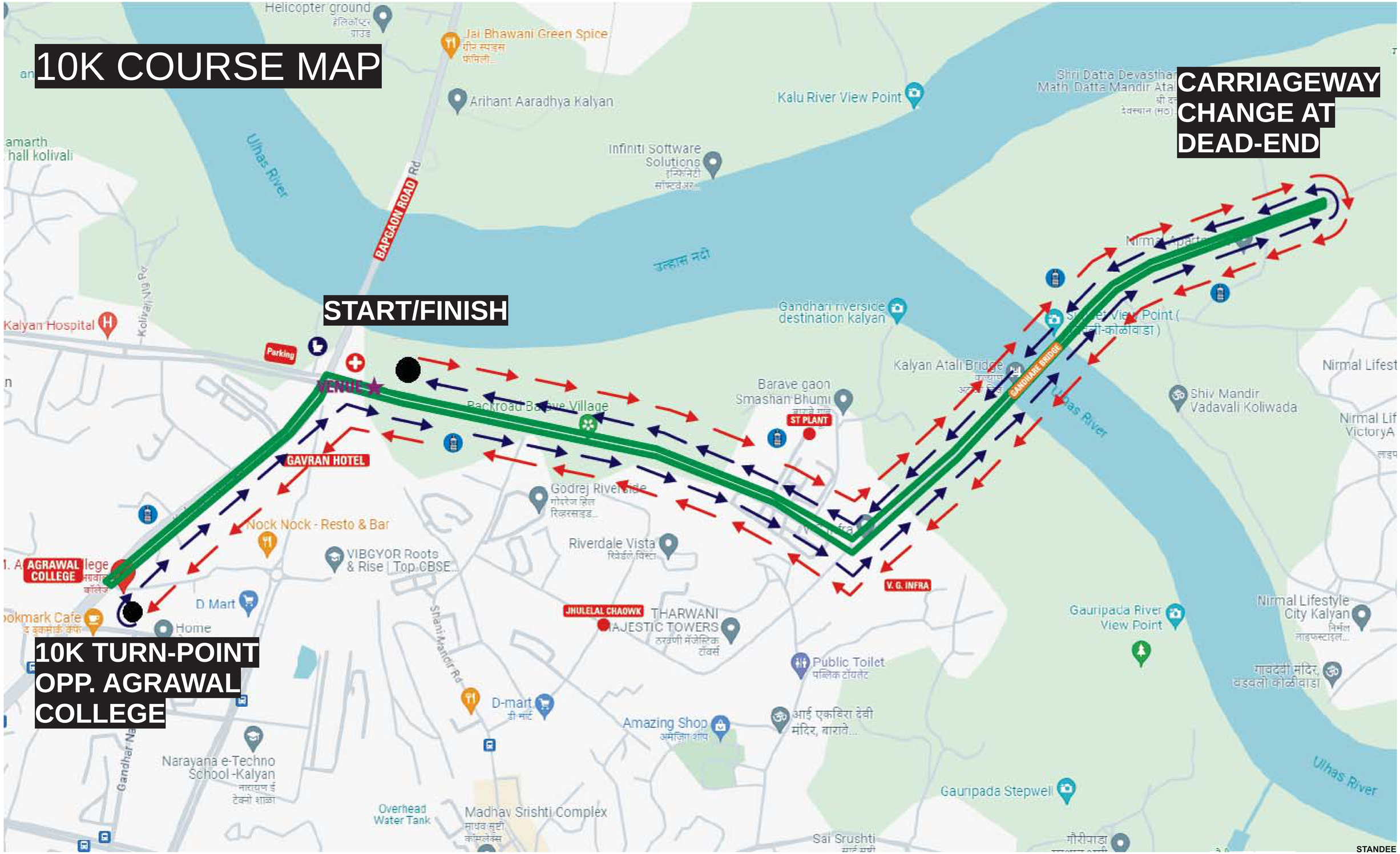
5 km - Reporting time 7.45 am

Start Time 8.15 am

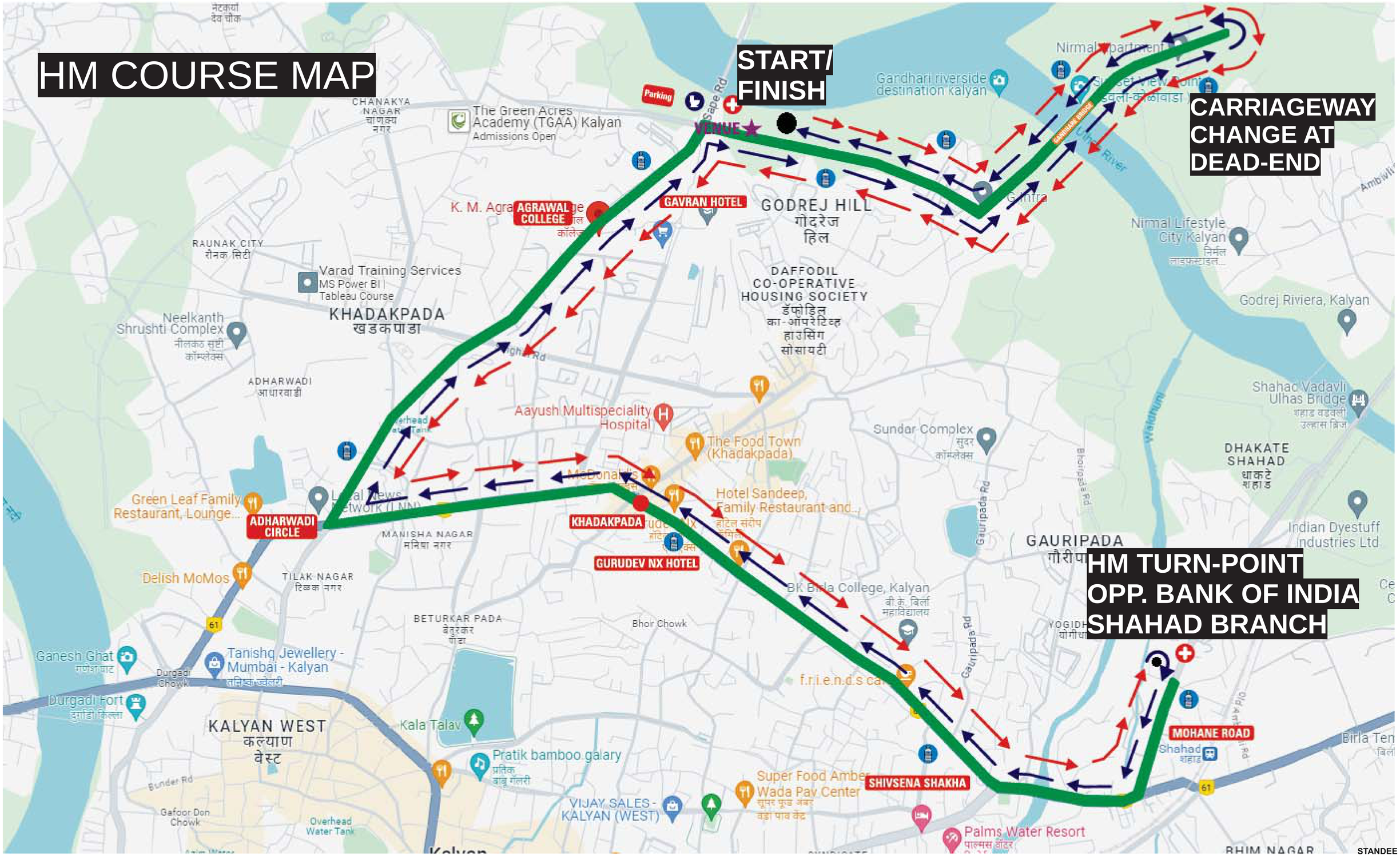


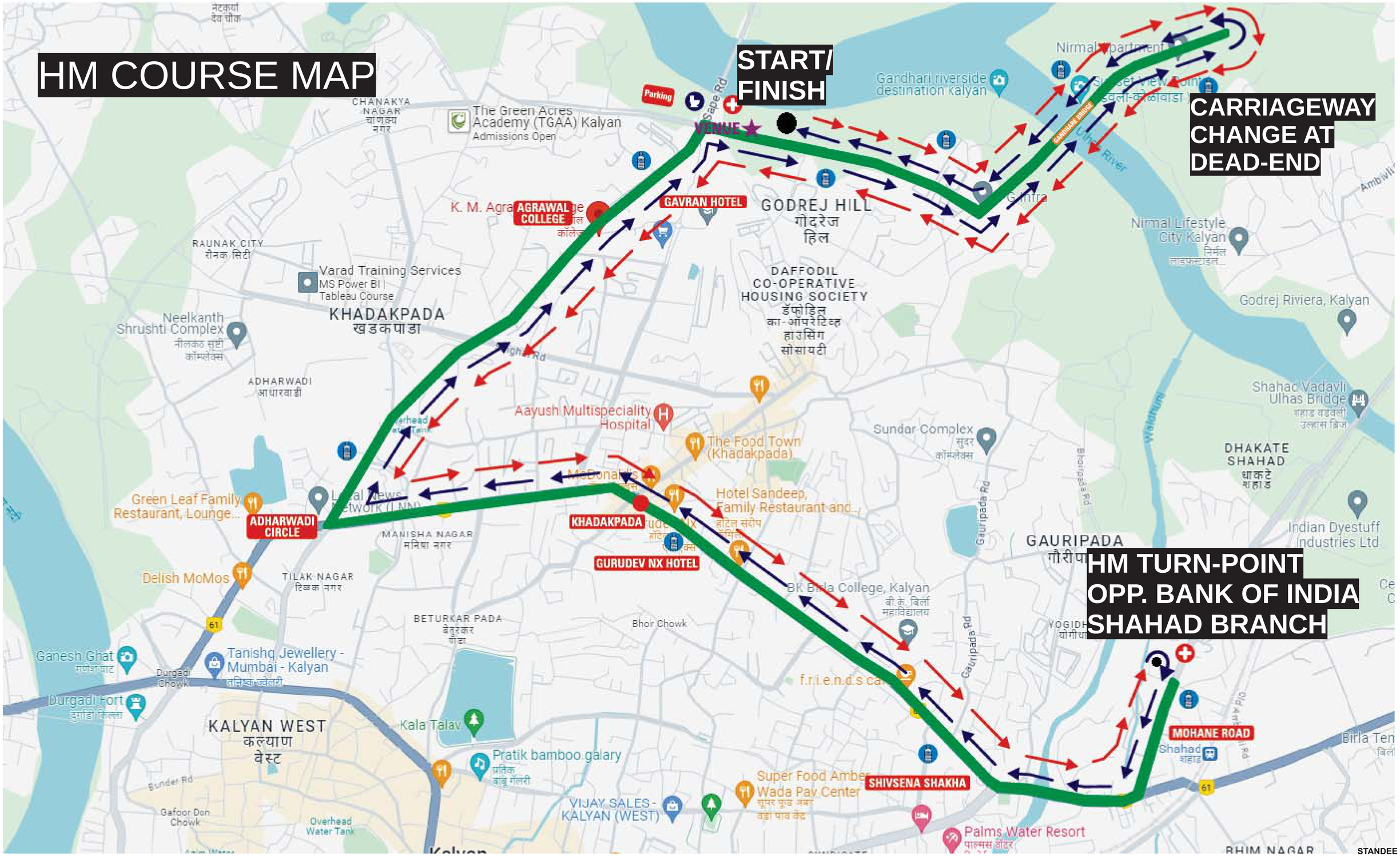
10 km - Reporting time 5.30 am

Start Time 6.00 am



21 km - Reporting time 5.00 am Start Time 5.30 am



42 km - Reporting time 2.30 am

Start Time 3.00 am