



**5 KM**  
**START TIME: 10:15AM**

**CATEGORIES**

**U12 (11 or younger)**

**U10 (9 or younger)**

Head up Metford Rd, across Bilbo's Bog,  
LEFT on Ermine Frolic Loop, following Ermine Frolic  
down to Larch Hills Road, merging with  
Larch Hills Rd toward the stadium.  
Turn LEFT on the Dark Trail and onto the finish.

Aid Station:

FOLLOW:

