

LONG Course for Saturday October 16th 2021										
Start East to West 14:30ish										
Novartis Outfall				(S)						
MIC				(S)						
North Tower				(S)						
Novartis Outfall				(P)						
Pyewipe Outfall				(P)						
Tioxide Outfall				(P)						
Novartis Outfall				(P)						
Pyewipe Outfall				(P)						
Tioxide Outfall				(P)						
Novartis Outfall				(P)						
Finish West to East										
Please text your ELAPSED time to Roman on 07580 654270										
within 30 minutes of finishing the race.										
Thank you			Roman							
