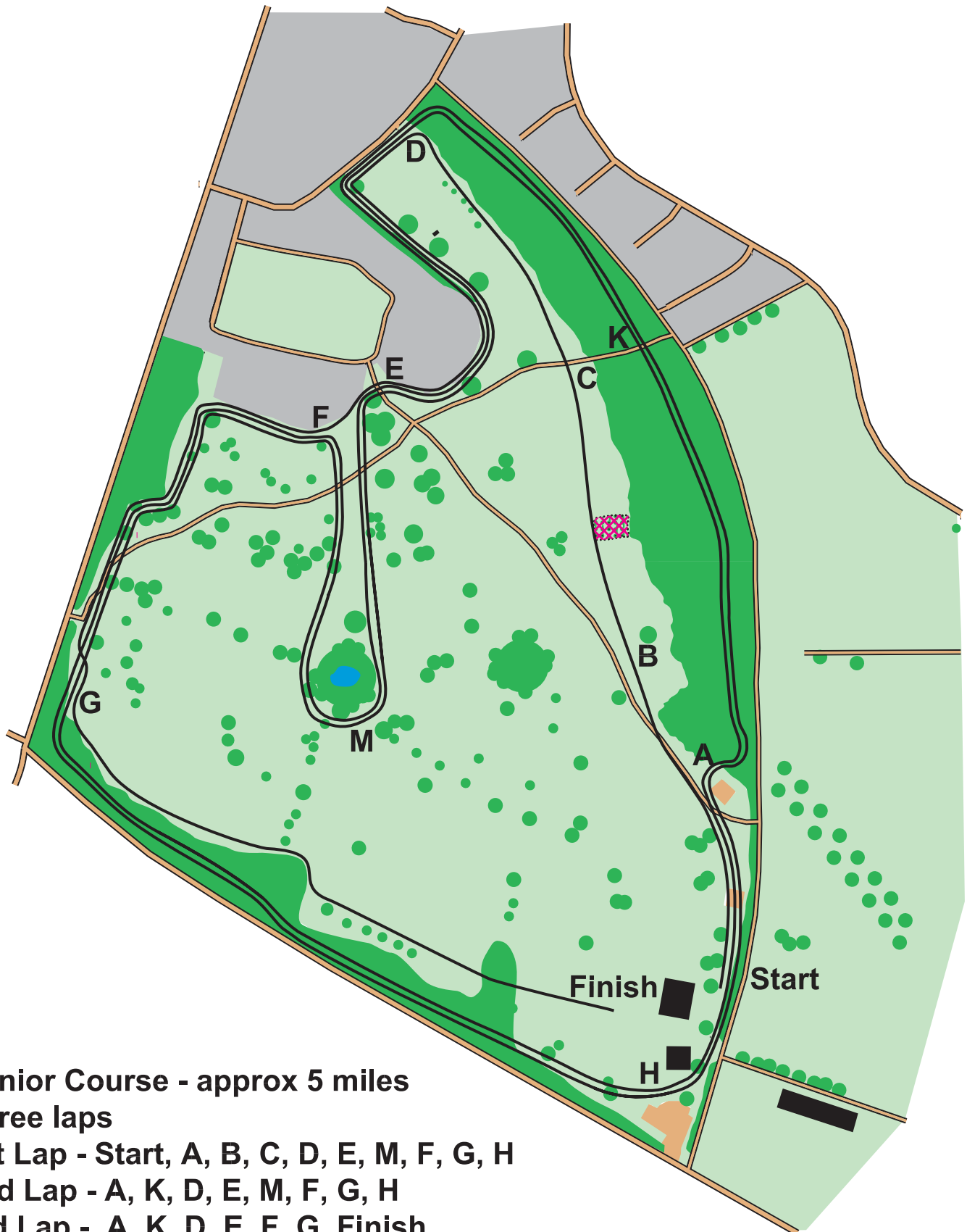


Frostbite Priory Park : Seniors



Senior Course - approx 5 miles

Three laps

1st Lap - Start, A, B, C, D, E, M, F, G, H

2nd Lap - A, K, D, E, M, F, G, H

3rd Lap - A, K, D, E, F, G, Finish