



Date: October 26, 2024

Location: Elgin Sporting Club - Grabouw (Google address below):

<https://maps.app.goo.gl/7YP9vmy7uigruaYJ8>

Please note that the venue will be open from 06:50.

- **5km Race Information:**

Warm-up / Registration: 07:00 - 08:00

Race briefing: 08:20 - 08:40

Race Line up: 08:45 - 08:55

5km Men's Race start: 09:00

5km Women's Race start: 09:10

- **3km Race Information:**

Warm-up + Registration: 08:30 - 09:30

Race briefing: 10:15 - 10:30

Race Line up: 10:45 - 10:55

3km Men's Race start: 11:00

3km Women's Race start: 11:10

- **1.5km Race Information:**

Warm-up + Registration: 11:00 - 12:00

Race briefing: 12:20 - 12:40

Race Line up: 12:45 - 12:55

Men's Race start: 13:00

Women's Race start: 13:10