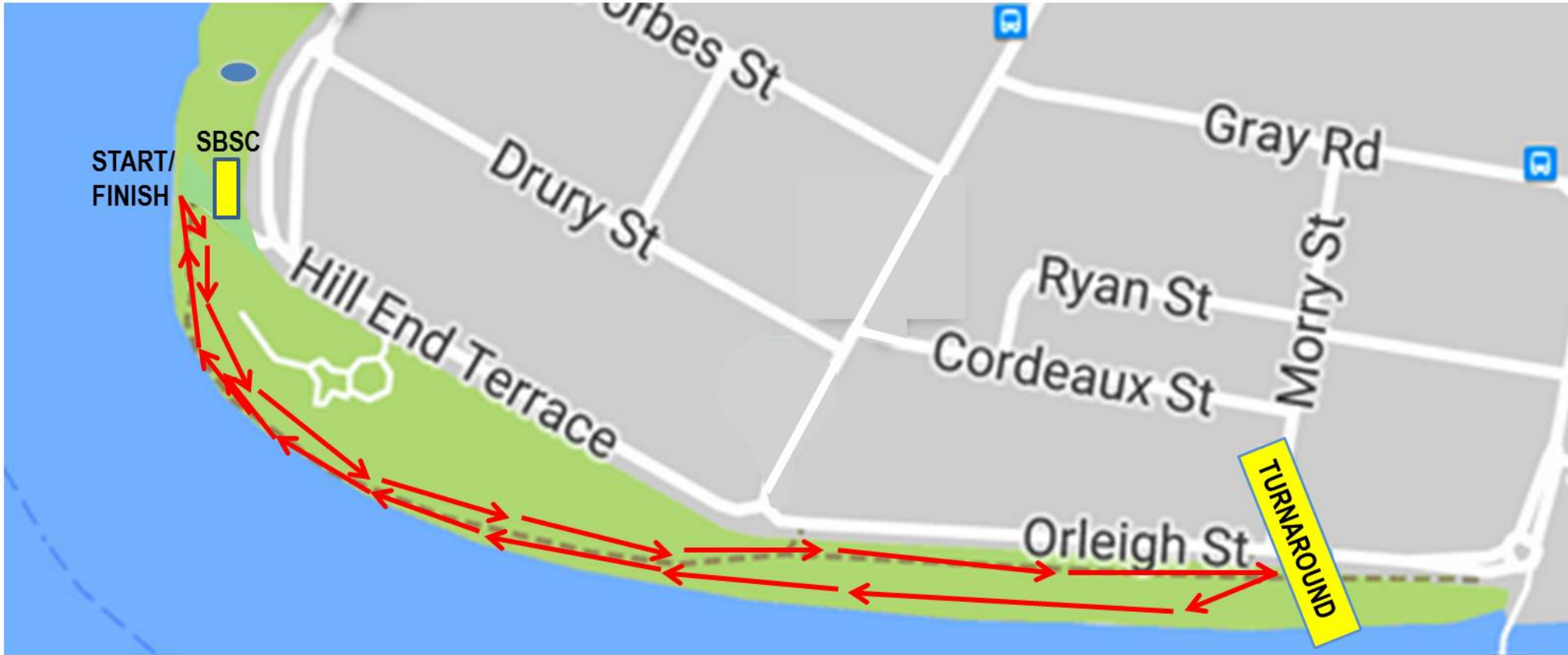


BRRC 3 x 4.5k RELAY



- Start on grassy area below and behind the SBSC
- Run along the concrete path to the turnaround point 750m from start, before bus stop near ferry terminal
- Turn around and return along riverbank to the start/finish
- Repeat the circuit 3 times for a total of 4.5ks
- Tag next team runner when 4.5ks have been completed