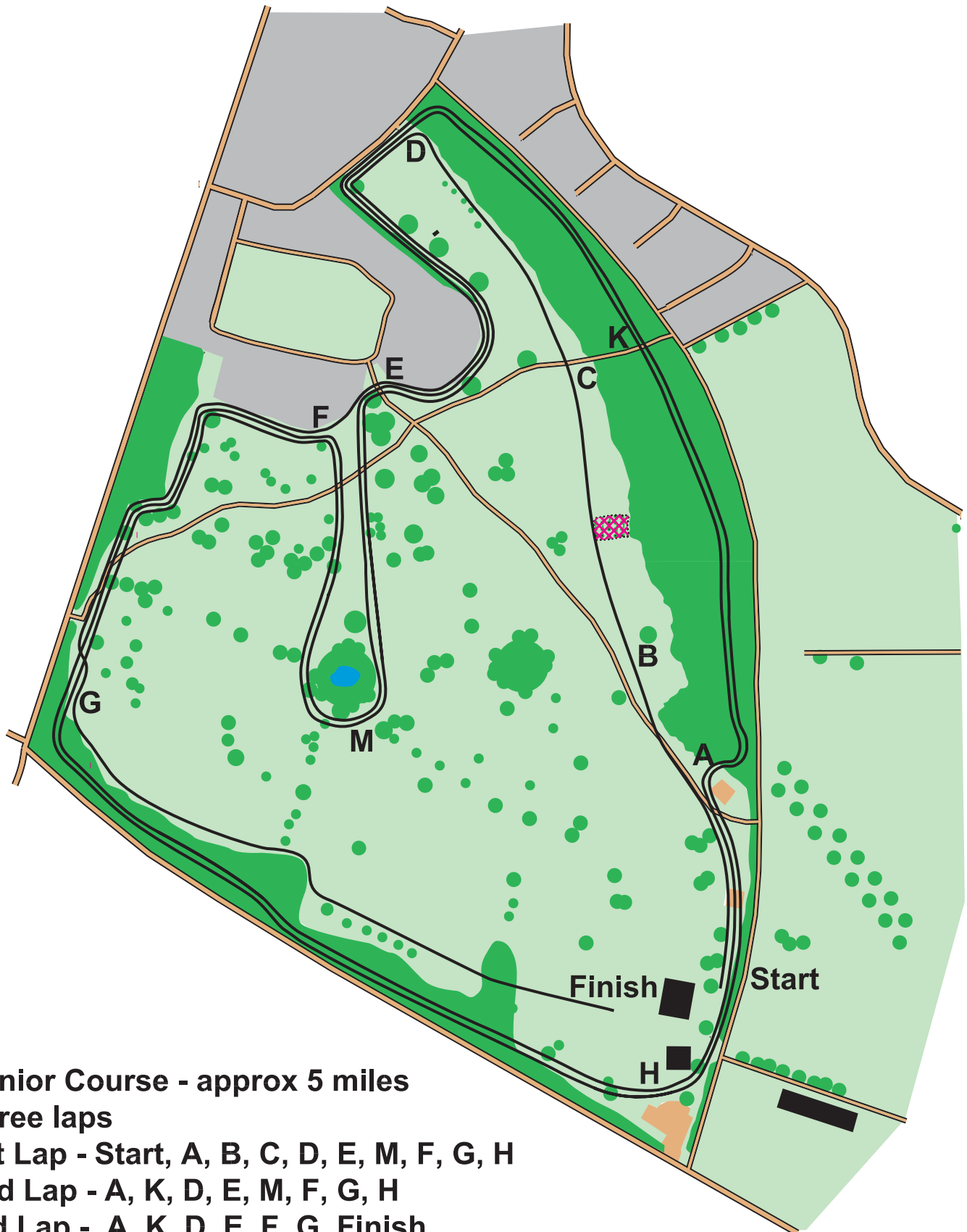


# Frostbite Priory Park : Seniors



**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**