

ISB 1.1km Campus Cross Country Course



Course Key



Start



Finish



Course Loop





Directions:

1. Start at the yellow marker
2. Complete the white loop in an anticlockwise direction
3. Finish at the red marker, in an anticlockwise direction to finish at the Start/finish of the track.

ISB 3.2km Campus Cross Country Course



Course Key

-  Start
-  First Loop
-  Second Loop
-  Finish


Directions:

1. Follow the blue start of the course, join the white loop.
2. Enter clockwise into the White inner loop and complete one loop of this, clockwise.
3. Enter clockwise into the yellow perimeter track and run one loop, clockwise.
4. Finish the course with the red finish course in an anticlockwise direction to finish Start/finish of the track.

ISB 5km Campus Cross Country Course



Course Key

-  Start
-  First Loop
-  Second & Third Loop
-  Finish

Directions:

1. Follow the blue start course in a clockwise direction, join the white loop.
2. Enter clockwise into the White inner loop and complete one loop of this.
3. Enter clockwise into the yellow perimeter track and run two loops of this.
4. Finish the course with the red finish course in an anticlockwise direction to finish Start/finish of the track.