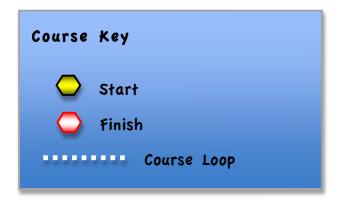
ISB 1.1km Campus Cross Country Course



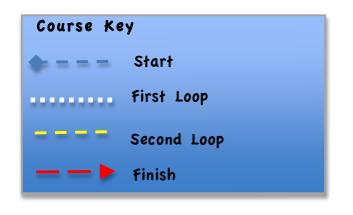


Directions:

- Start at the yellow marker
 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



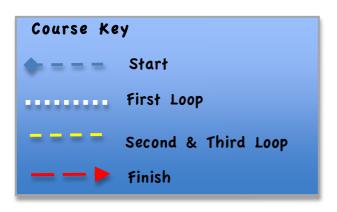


Directions:

- 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





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.