RUNDIPG

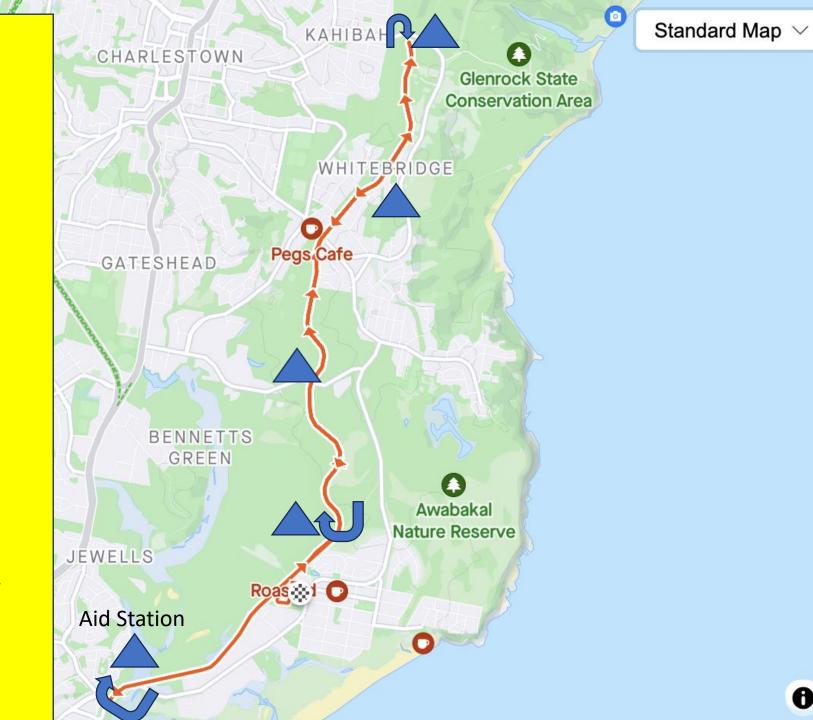




Start Liles Oval

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- Complete 4 laps on the oval in a clockwise direction and exit out the gate onto Cowlishaw Street and turn left towards Fernleigh Track (this exit will be your entry point upon return).
- Run to the Fernleigh Track and turn left heading towards the Aid Station at Dirkala Cl.
- Run to the Marathon turn (200m past aid station), turn here and continue back up the Fernleigh track until you reach the far turnaround point at Burwood Road
- Return back down the track until the turnaround at the turn point on the southern side of the Redhead station platform and return to Burwood Road. Complete this loop for a total of 3 times (ie 3 times to Burwood Rd turnaround).
- At the end of the 3rd loop, continue past Redhead Station platform and return to the start/finish line, running back along Colishaw Street and through the point of exit/entry onto the oval to complete the Marathon through the balloon arch.
- Aid Stations at Dirkala Cl / Redhead Platform / Oakdale Rd / Whitebridge / Burwood Rd



LENT

EEBA

1km