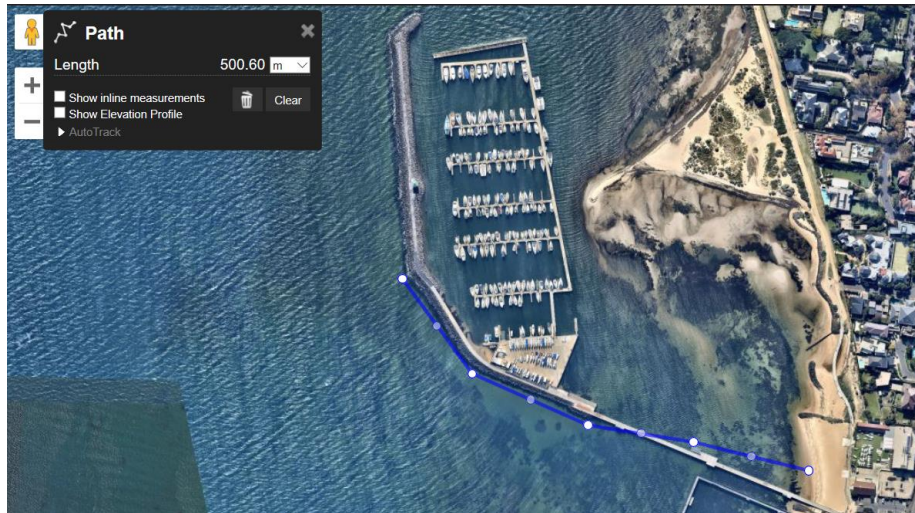
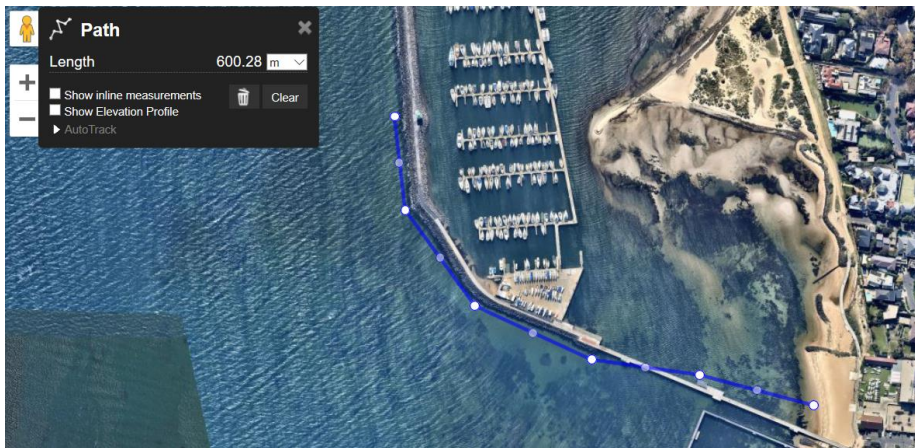


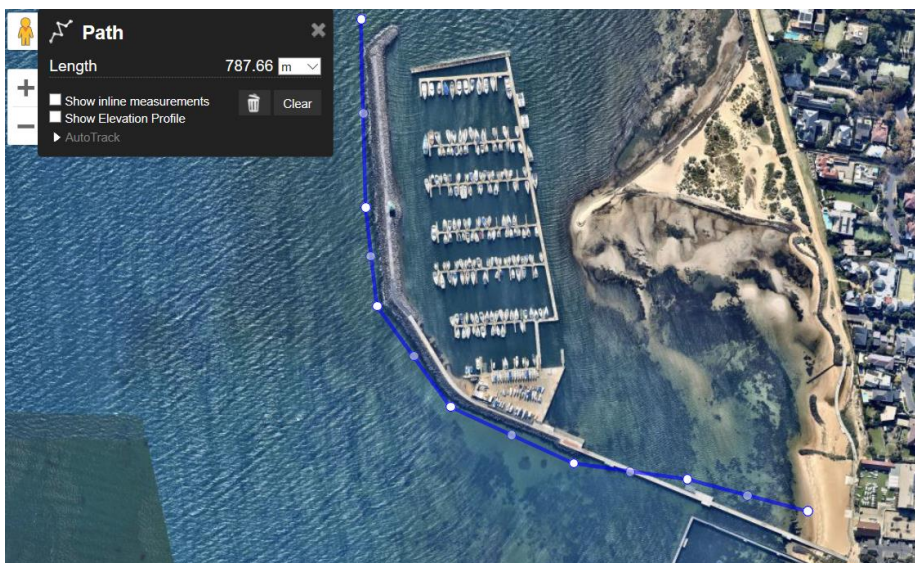
**1. Corner 500m\*\* (1000m return)**



**2. Starter's Hut 600m (1200m return)**

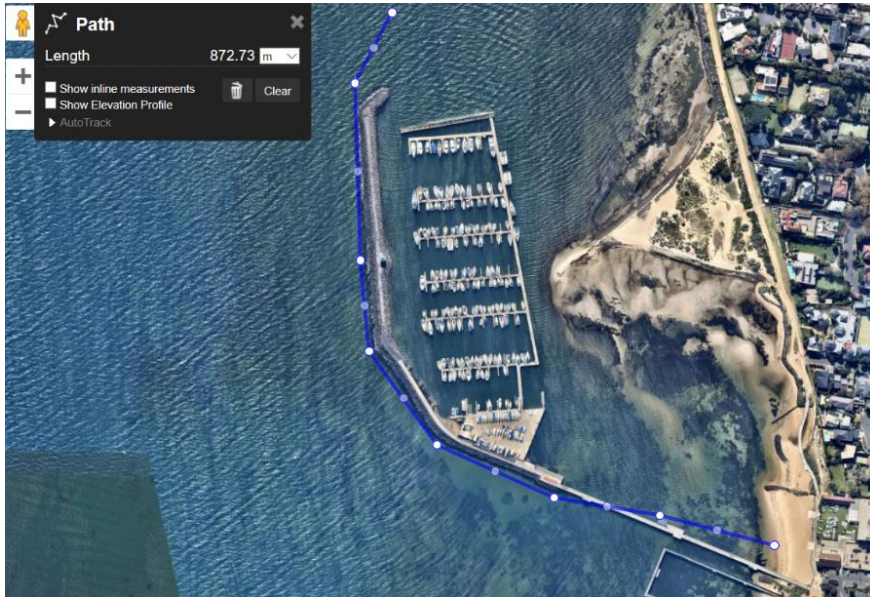


**3. Silver Pole 788m (1576m return)**

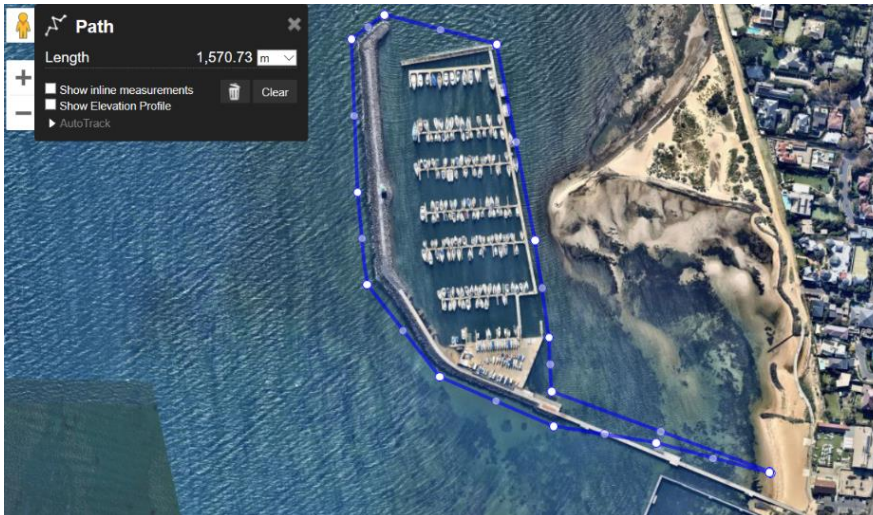


**\*\* All distances involving the beach are probably +/- 5m due to tidal variations at the start & finish**

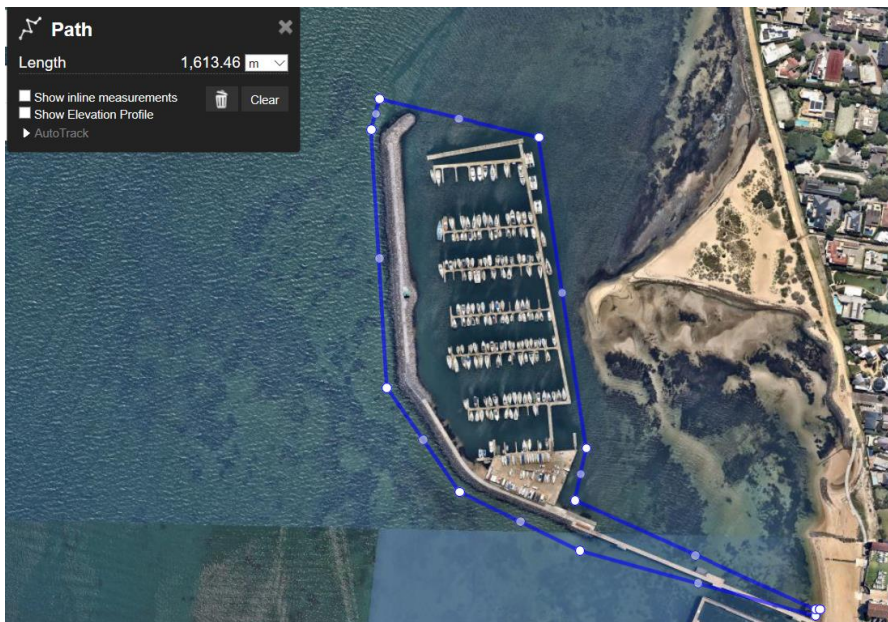
**4. Red Pole 873 m (1746m return)**



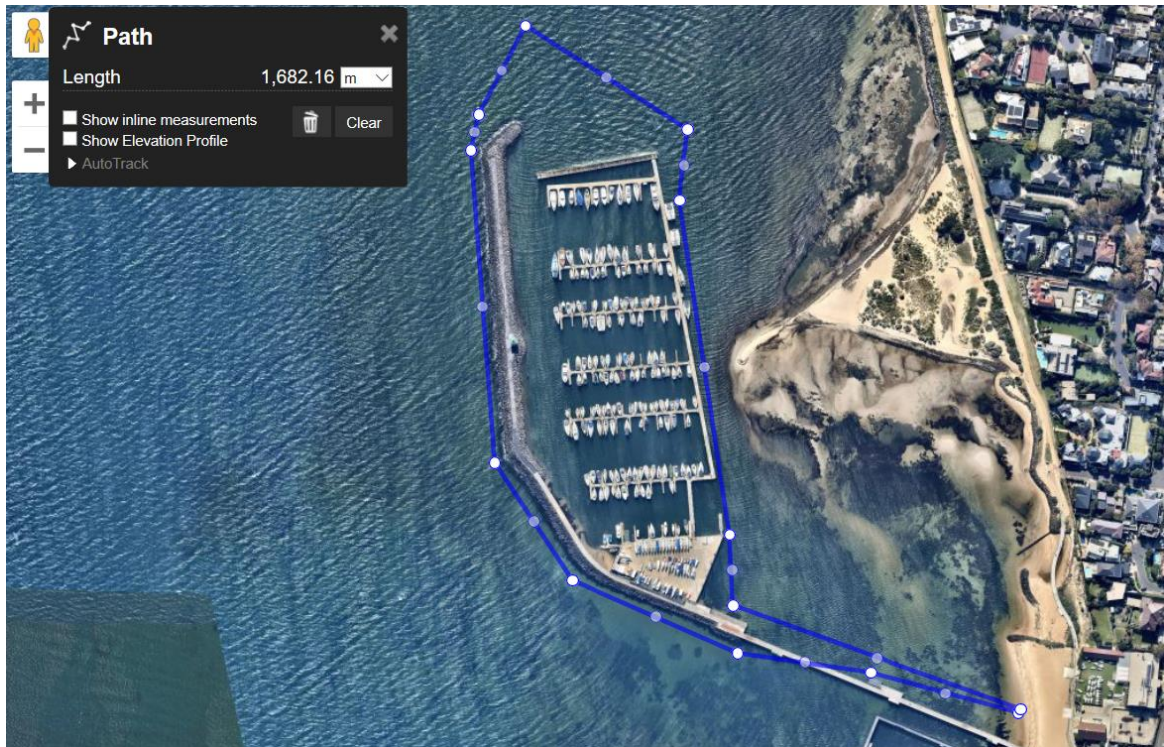
**5. St Andrews 1570m (not including silver pole)**



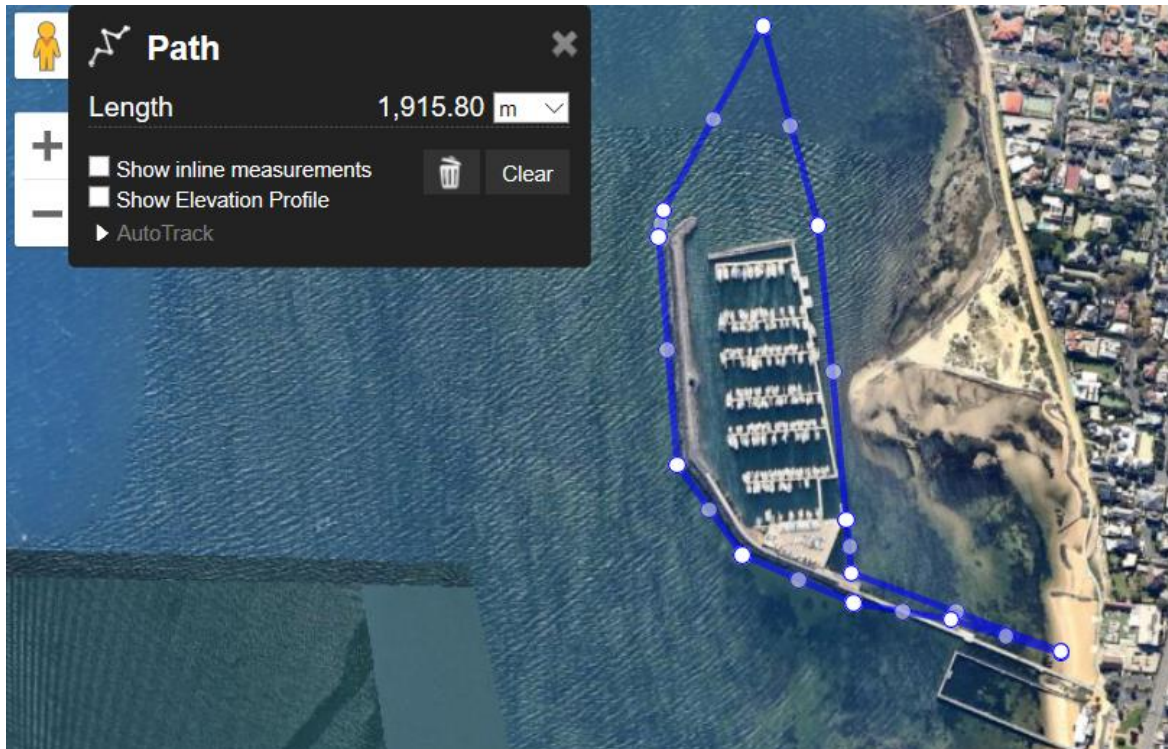
**6. St Andrews 1613m (including silver pole)**



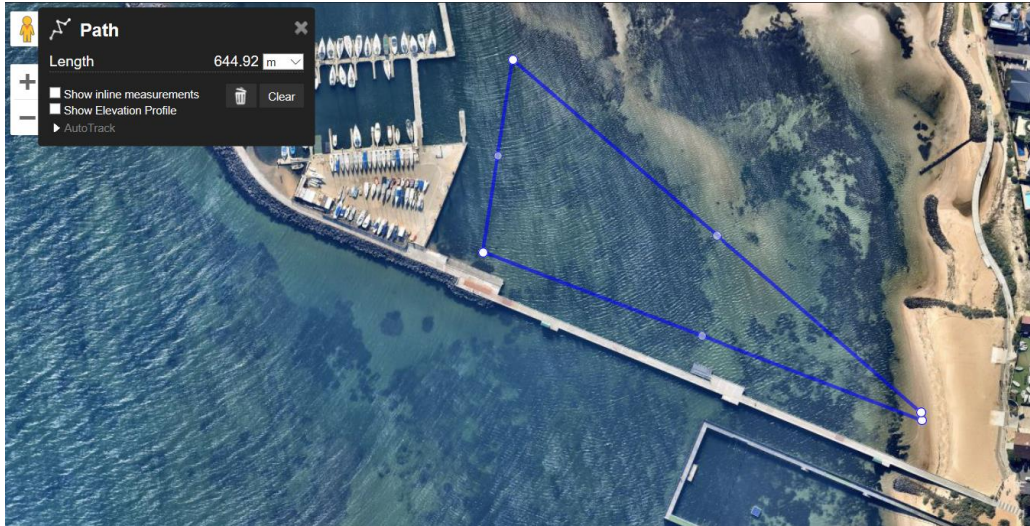
### 7. No Brainer 1682m



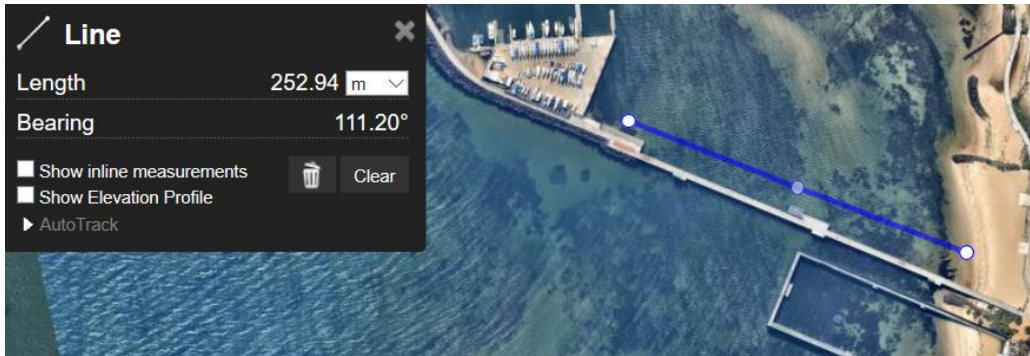
### 3. Yellow Pole 1916m



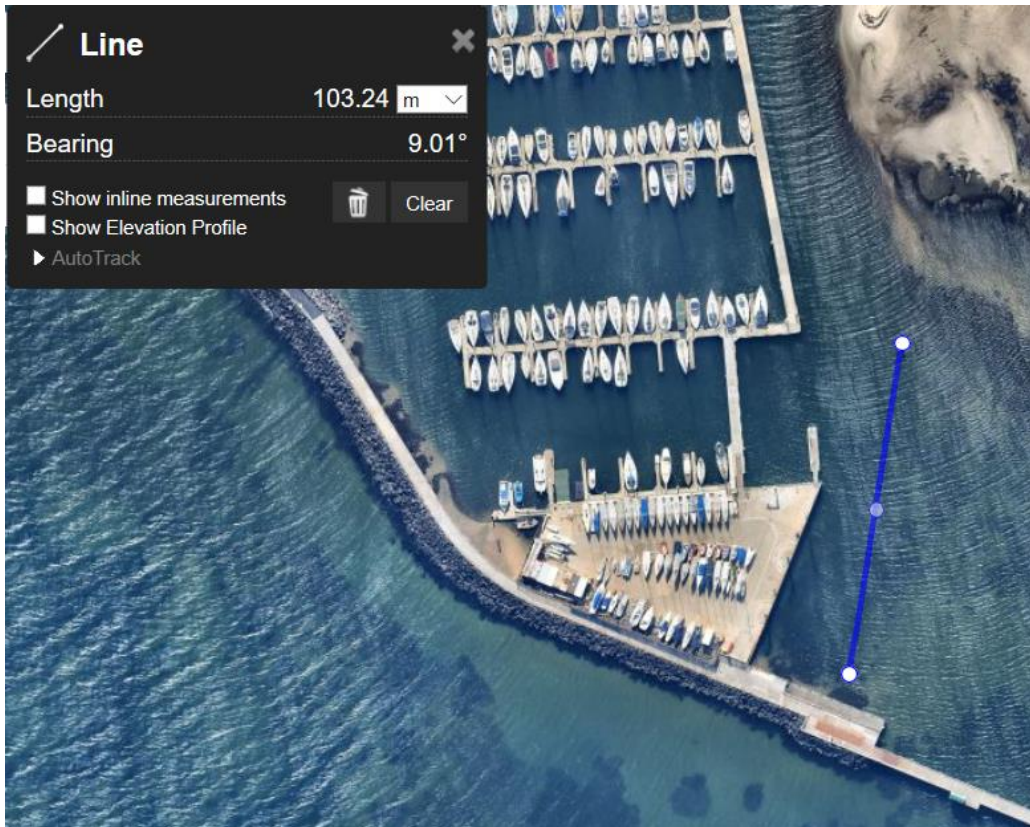
4. Triangle (Beach-John Dineen-Pole 2-Beach) 645m



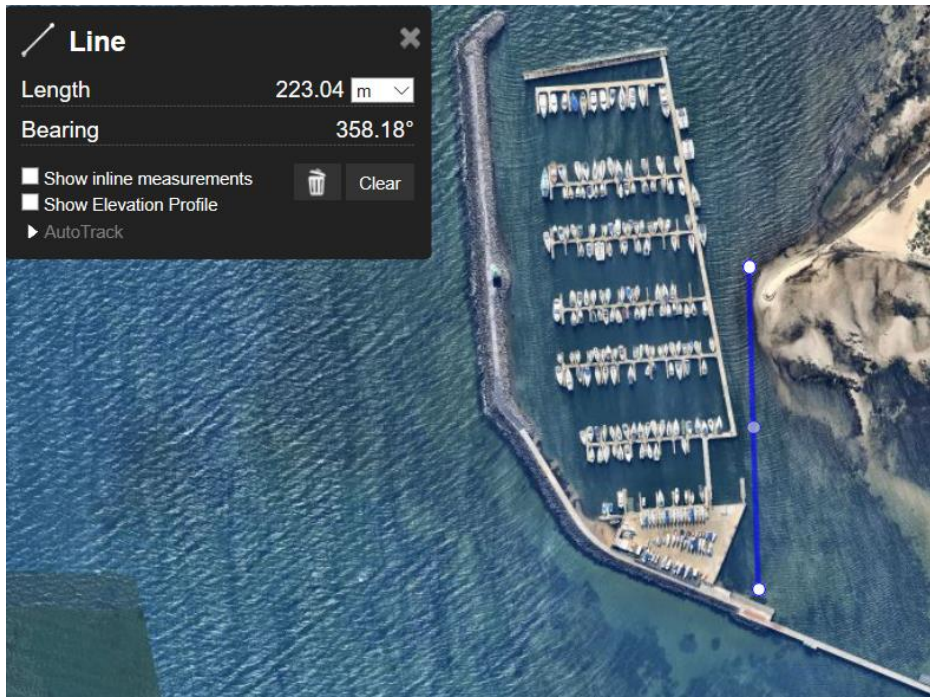
5. Beach to John Dineen 253m (+/- 5m for tide)



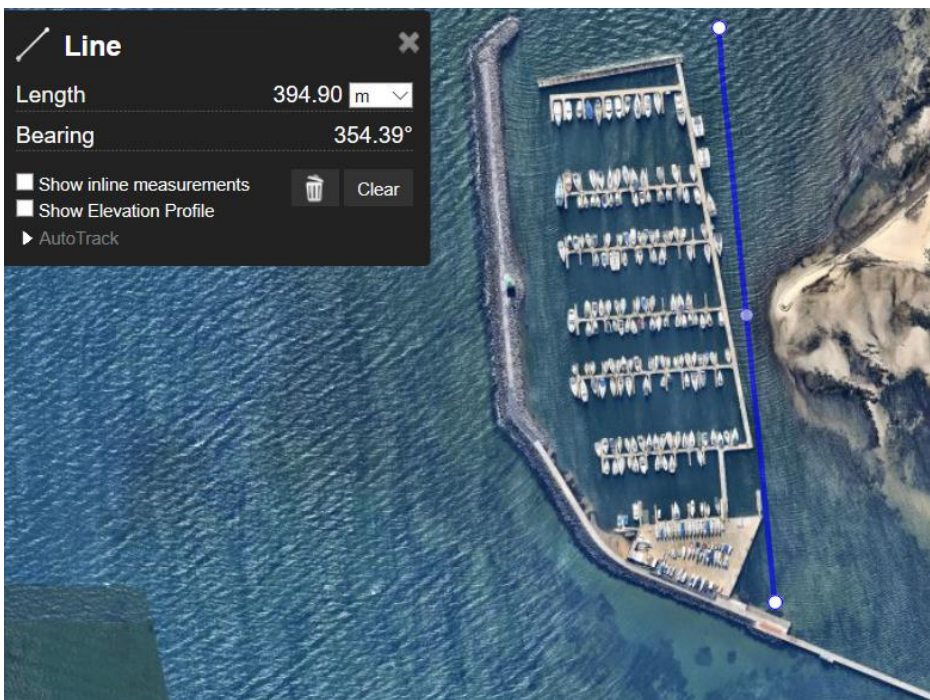
6. John Dineen to Pole 2 103m



**7. John Dineen to Pole 3 223m**



**8. John Dineen to Attenuator Pole 395m**



**5. Pole 2 to Beach 289m (+/- 5m for tide)**

