

# Running Order

7:00	Opens Heat 1
7:20	Opens Heat 2
7:40	Opens Heat 3
8:00	Over 55s Heat 1
8:20	Over 55s Heat 2
8:40	Over 55s Heat 3
9:00	Twinny Heat 1
9:20	Twinny Heat 2
9:40	Old Mal Heat 1
10:00	Old Mal Heat 2
10:20	Old Mal Heat 3
10:40	Over 40s Heat 1
11:00	Over 40s Heat 2
11:20	Opens Semi Final 1
11:40	Opens Semi Final 2
12:00	Over 55s Semi Final 1
12:20	Over 55s Semi Final 2
12:40	Old Mal Semi Final 1
13:00	Old Mal Semi Final 2
13:20	Twinny Final
13:40	Over 40s Final
14:00	Over 55s Final
14:20	Old Mal Final
14:40	Opens Fnal