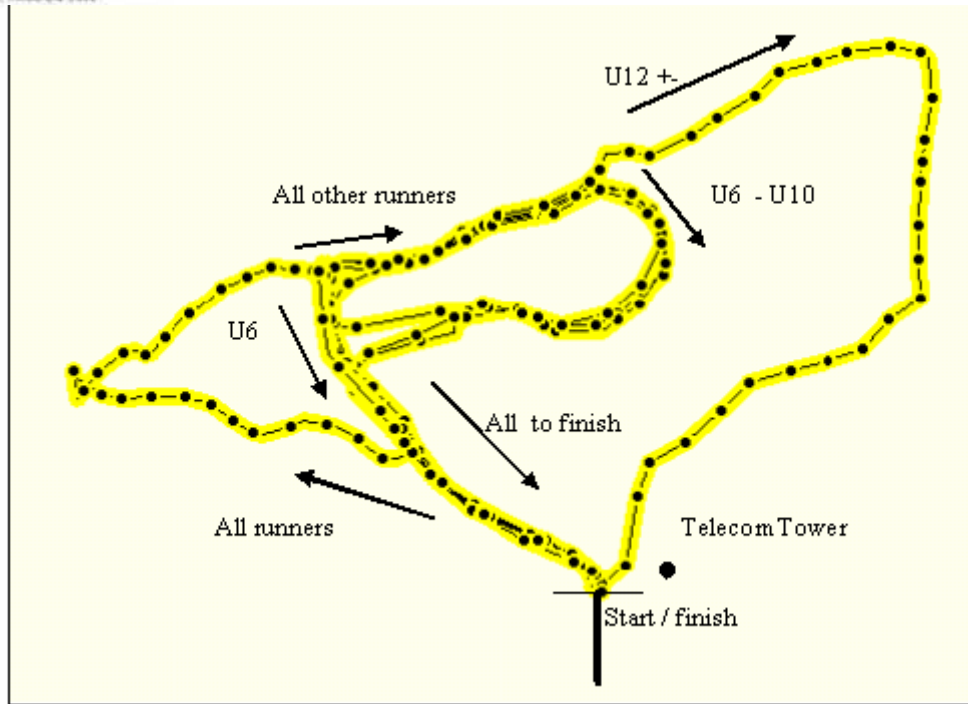




# WOODY YALOK ATHLETICS CLUB

## Ironman / Ironwoman Smythesdale quarries



Under 6	700m	1 small loop
Under 8	1050m	1 small - 1 medium
Under 10	1440m	1 small - 2 medium loops
Under 12	2200m	1 big and 1 medium loop
Under 14	3800m	2 big loops then the U10 small-2 medium loops
Under 16+	4600m	3 big loops then 1 U8 medium loop