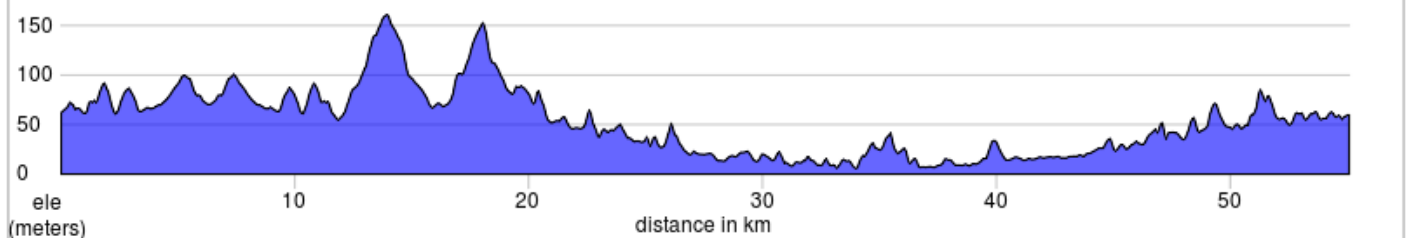
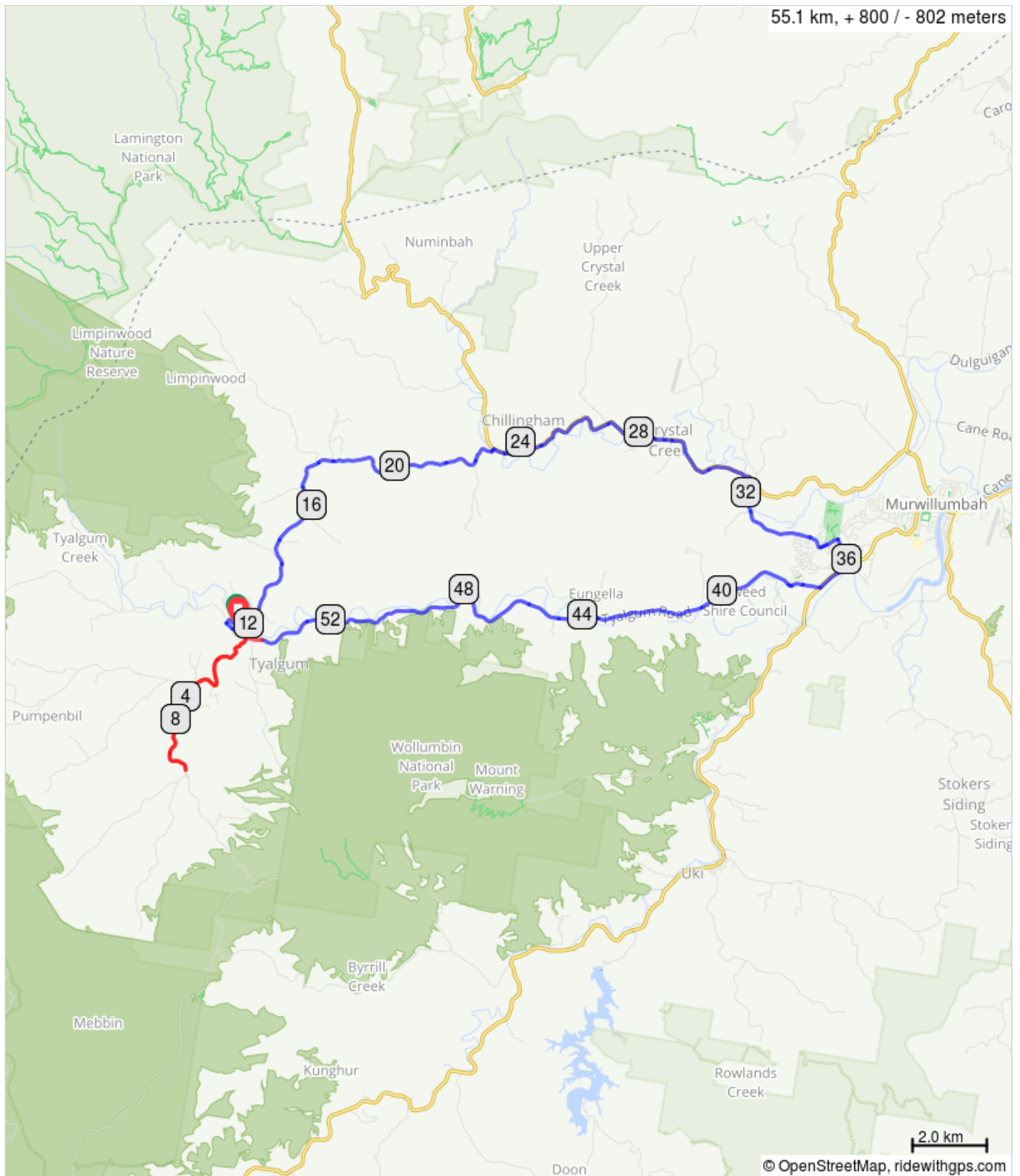


2018 BOTB MMAS4 and Women BCD Friday's Course



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Num	Dist	Type	Note
1.	0.0		Start of route
2.	0.2	←	L onto Carraboi Terrace
3.	0.3	←	L onto Wollumbin St
4.	1.0	→	R onto Coodgie St
5.	1.1	↑	Continue onto Brays Creek Rd
6.	3.7	←	L to stay on Brays Creek Rd
7.	9.0	→	R to stay on Brays Creek Rd
8.	11.5	↑	Continue onto Coodgie St
9.	11.8	↑	Continue onto Limpinwood Rd
10.	23.1	→	R onto Numinbah Rd
11.	31.7	→	R onto N Arm Rd
12.	34.3	↑	Enter the roundabout
13.	35.3	→	R onto Park Ave

35.3 kilometers. +531/-559 meters

Num	Dist	Type	Note
14.	35.5	→	R to stay on Park Ave
15.	37.1	→	R onto Tyalgum Rd
16.	54.4	↑	Continue onto E.J. Bartrim Bridge/Wollumbin St
17.	54.6	→	R onto Coodgie St
18.	54.8	←	L onto Coolman St
19.	55.1		End of route

19.8 kilometers. +237/-212 meters