Year 7 & 8 Cross Country Course

Complete one full lap of Sladden Park (as per Year 4 course) - Start on the river side of Sladden Park. Run around the outside of the Football field, turn left at the corner by bridge and run up to the path. Turn left onto the path and run along the ridge and continue to the trees by playground. Turn left and go around the 3 pine trees and continue to run along the river side. Run under the rail bridge and follow the track along the river side (as per Year 5 course). After the third clump of bushes, turn left up to the sealed path. Follow the sealed path until the dirt path, turn right and go under the rail bridge again. Turn right and follow the course completing one further lap of Sladden Park to the finish line. Approximate Distance = 3,000 metres