



Markham Park, Weston

BCAA 5K Cross Country Course - (2) Loops

Course Directions: Start in open field running West to East. Run (2) complete loops around the Lake.

Follow the cones and stay on the grass. After the 2nd loop around the lake, enter the Finish Chute after the West Bridge.

2-mile start - START at 2 mile mark and 1 Lap from finish line - follow xc route parallel to footpath on grass