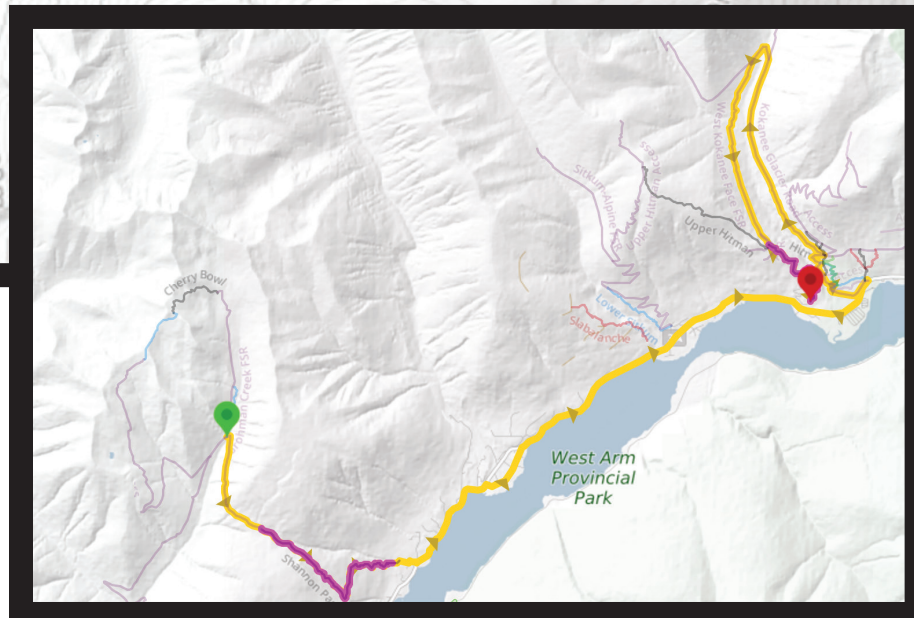
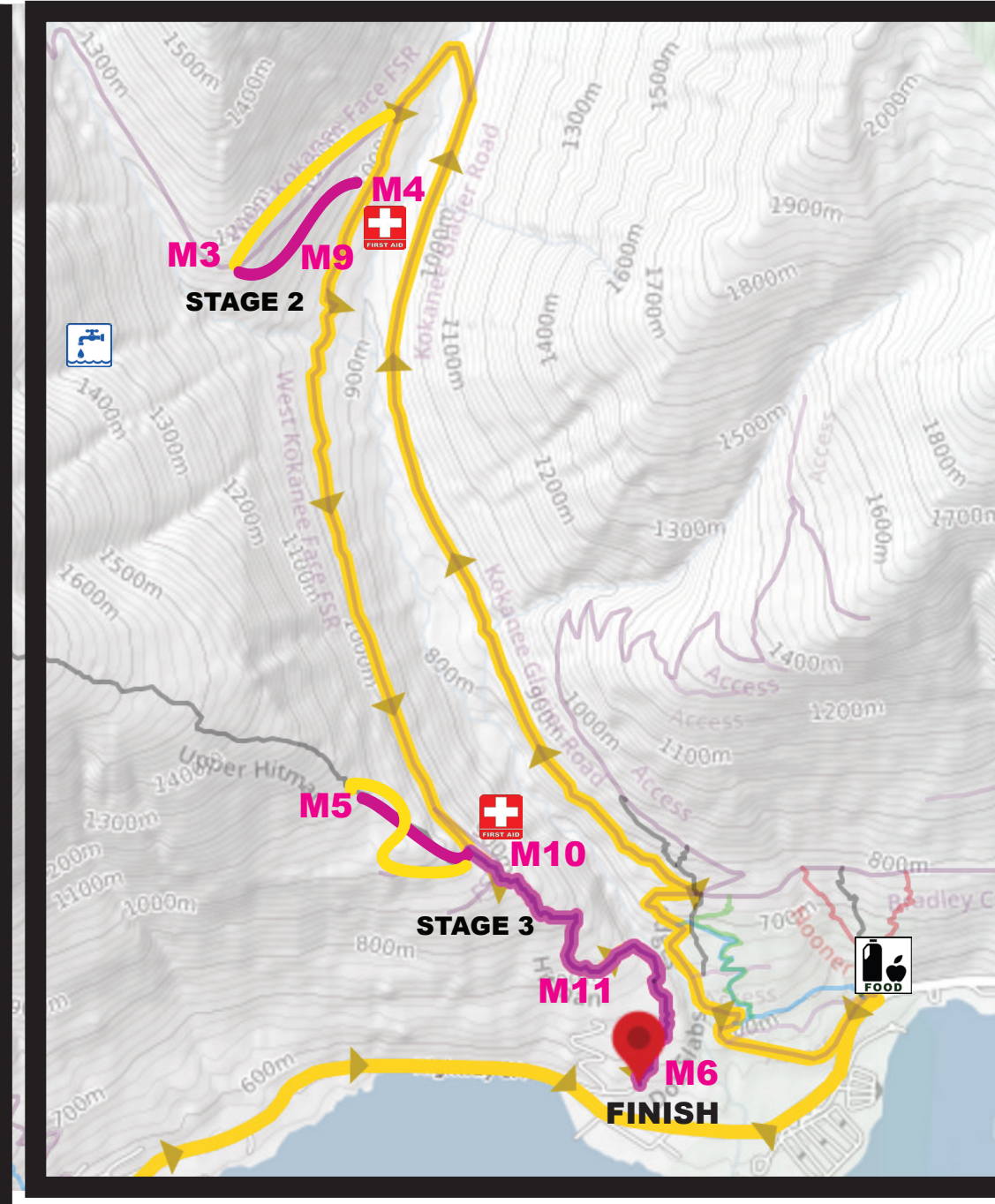
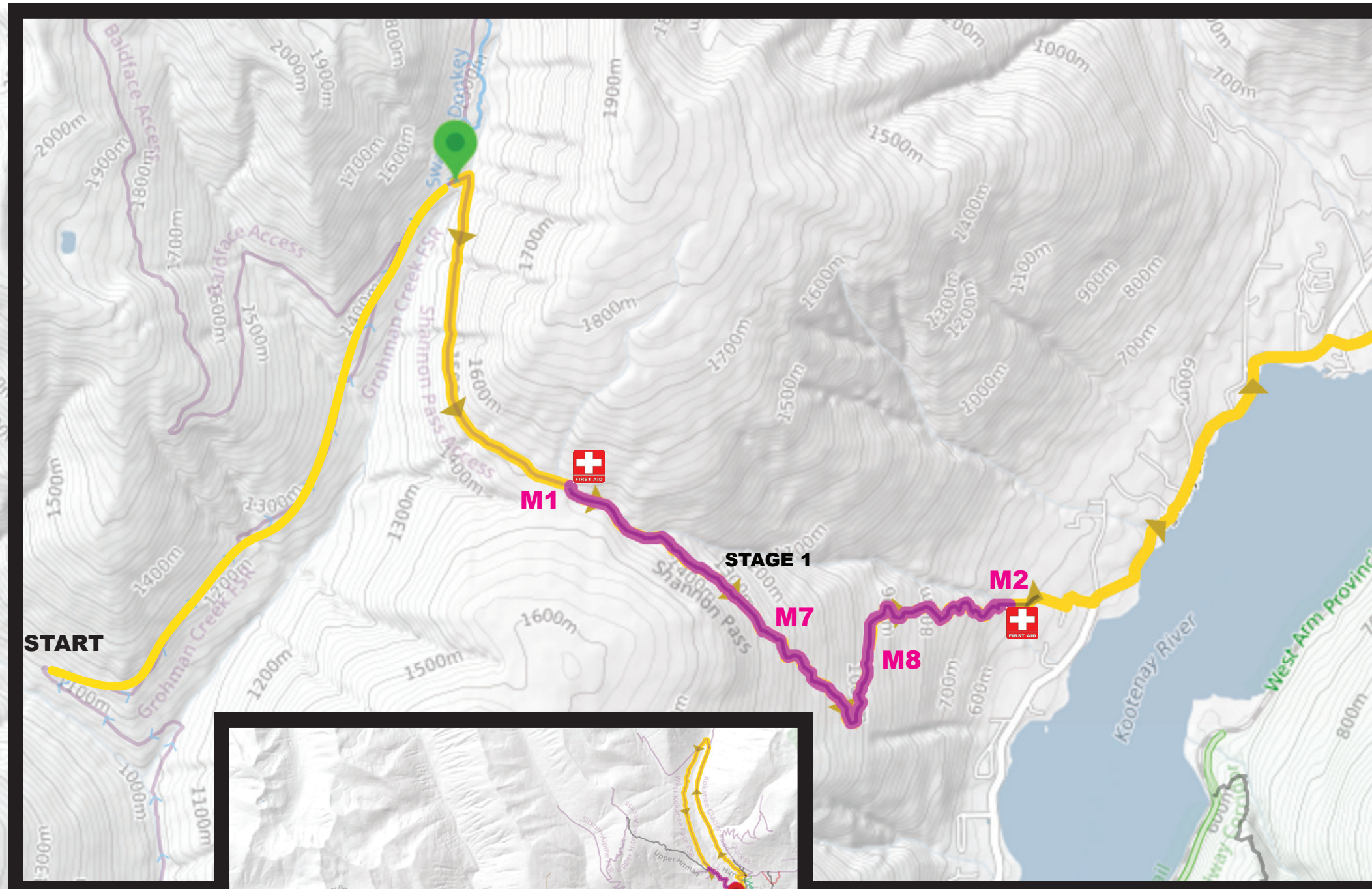


DAY 5 - NELSON (V2)

SATURDAY JULY 9



Stage	Trail	Long	Distance	Climb	Descend
T1	FSR	45-60mins	7	630	120
Stage 1	Shannon Pass (giggle like you have never giggled before)	19-28mins	4.7	34	900
T2	Highway & FSR	30-45mins	22	780	180
Stage 2	Rec Trail	4-8mins	1	0	200
T3	FSR	30-40mins	4.5	350	100
Stage 3	Hitman	9-14mins	3.5	25	640
			42.7	1819	2140