

# Malvern

## M21L

1			7.75km			420m		
1	117							
2	141							
3	144							
4	51							
5	55							
6	64							
7	62							
8	59				1.0			
9	63							
10	73				2.0			
11	68							
12	70							
13	147							
14	134				0.5			
15	131				3.0			
16	123							
17	112							

< 40 m >

Course Closes at 1530 hrs