

	LONG COURSE Approx 4.3 KM Includes unsurfaced trails and slopes	
P	Bench	1
R	Prominent Tree	2
C	Bottom of Steps	3
BD	Bench	4
BB	Path Bend	5
BA	Foot Bridge	6
N	Bench	7
M	Bench	8
G	Bushes W End	9
J	Bench	10
V	Path Junction	11
Y	Path	12
U	Bench	13
T	Bench	14
Q	Prominent Tree	15
E	Building E Corner	16
BC	Path Junction	17
L	Prominent Tree	18
K	Building NE Corner	19
H	Prominent Tree	20
X	Path Junction	21
Z	Path Junction	22
W	Bench	23

	ACCESSIBLE/ SHORT COURSE Approx 1.3 KM All controls on mixture of tarmac and main trails	
P	Bench	1
Q	Prominent Tree	2
R	Prominent Tree	3
F	NW Post	4
BD	Bench	5
W	Bench	6
Y	Path	7
Z	Path Junction	8
S	Wall Bend	9
T	Bench	10

SCORE COURSE ANY ORDER ALL 28 CONTROLS
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