



Something a bit different

CENTRAL PARK, SCUNTHORPE

There will be 3 courses as usual. Long 4.9km Medium 3.5 km Short 1.5km

The LONG and MEDIUM Courses each have 3 different first controls.

The MAPs are labelled LONG A, LONG B, LONG C, MEDIUM A, MEDIUM B, MEDIUM C, enabling 3 runners to set off at any one time on each course. Please come to the START as soon as you can

Each 1st control is followed by a butterfly loop. On completion of the first loop, the course on each runner's map will take him/her to the next loop and then to the last loop and to the FINISH.

Each runner's map shows a continuous course. Courses have been planned of equal length and on completion of the course all will[should!] have visited the same controls.

The SHORT Course follows the normal pattern but does have one Butterfly loop so competitors will visit one of their controls twice. It has been designed to avoid crossing the Car Park and runners should not try to do so.

Long Course runners may cross the Car park with care if they wish to do so although there is an uncrossable hedge on the Eastern boundary

A planning constraint in the North east area of the map has meant a 'bad' dog leg on the LONG course for which I apologise but there was no other way to create the distance needed.

The cross symbol in the descriptions may be a seat or a tripod

There are many additional unmapped tracks through Brumby Woods

Please be aware that there will be many other people using the Park.

Dorothy