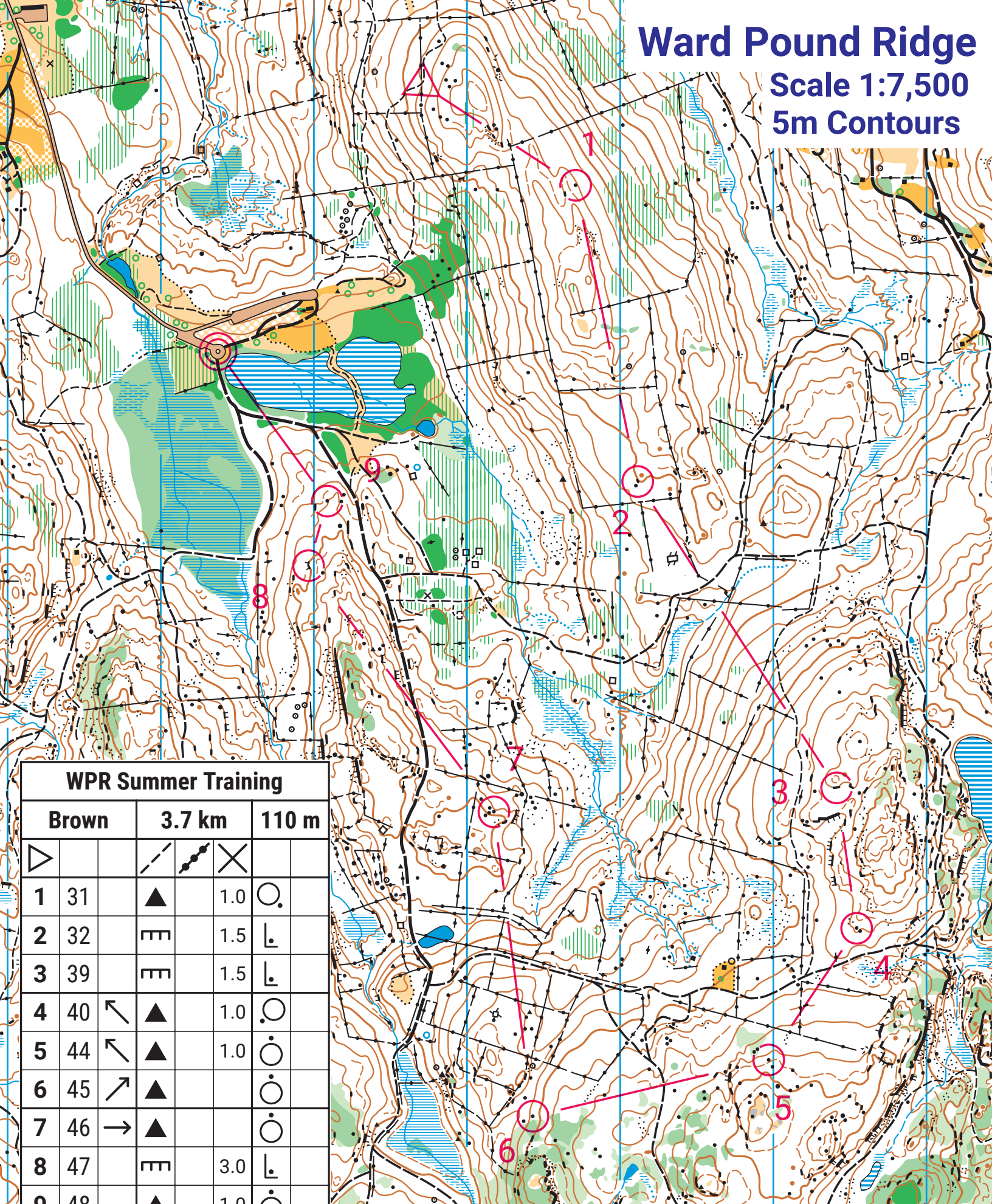


Ward Pound Ridge

Scale 1:7,500
5m Contours



WPR Summer Training					
Brown		3.7 km		110 m	
1	31			1.0	
2	32			1.5	
3	39			1.5	
4	40			1.0	
5	44			1.0	
6	45				
7	46				
8	47			3.0	
9	48			1.0	

300 m

Note. This is a training course and not an organized event. Participants run the course at their own risk. Control locations are marked with streamers.