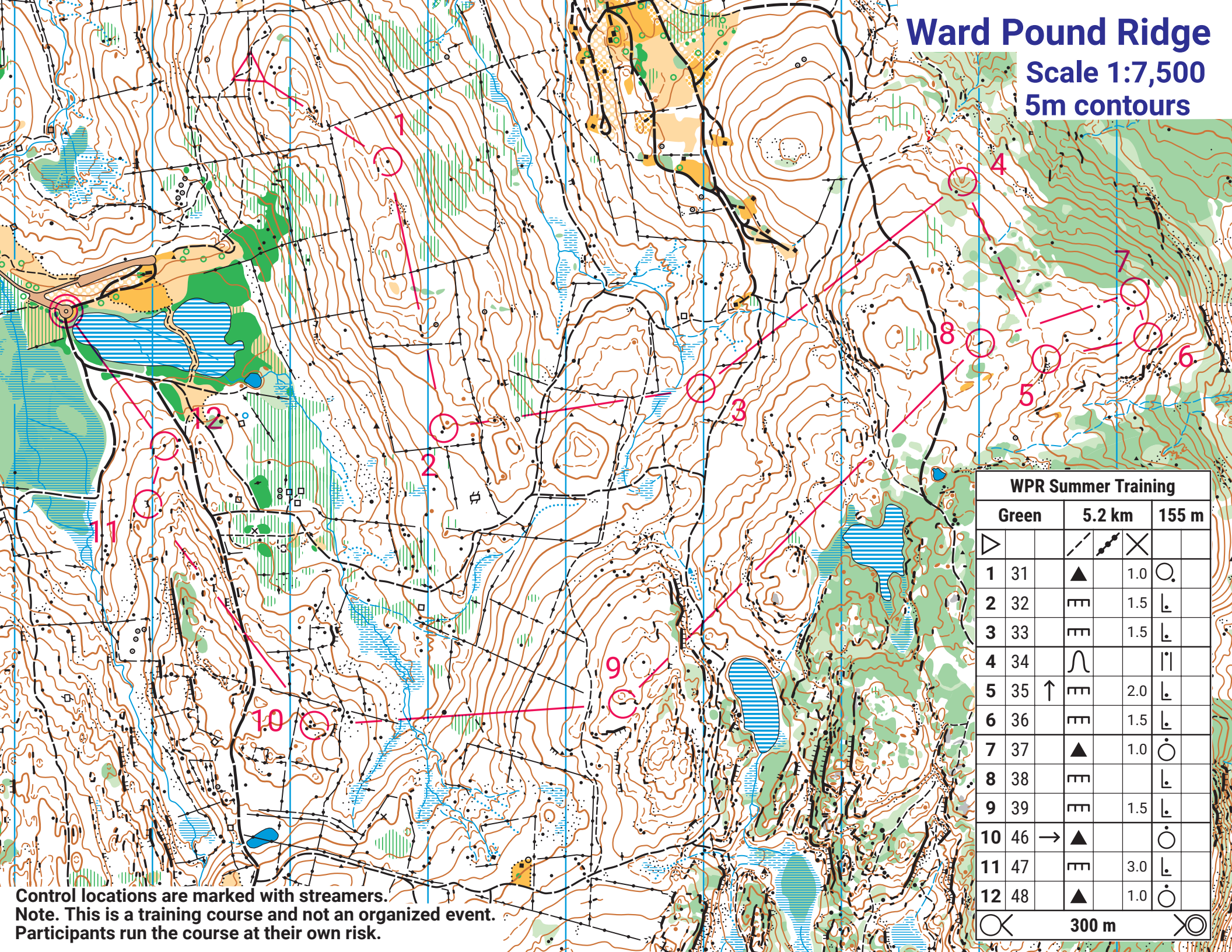


# Ward Pound Ridge

Scale 1:7,500

5m contours



WPR Summer Training					
	Green		5.2 km		155 m
▷		↘ ↗	×		
1	31	▲	1.0	○	
2	32	▬▬▬	1.5	└	
3	33	▬▬▬	1.5	└	
4	34	∩		┌	
5	35	↑	2.0	└	
6	36	▬▬▬	1.5	└	
7	37	▲	1.0	○	
8	38	▬▬▬		└	
9	39	▬▬▬	1.5	└	
10	46	→ ▲		○	
11	47	▬▬▬	3.0	└	
12	48	▲	1.0	○	
⊗			300 m		⊗

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