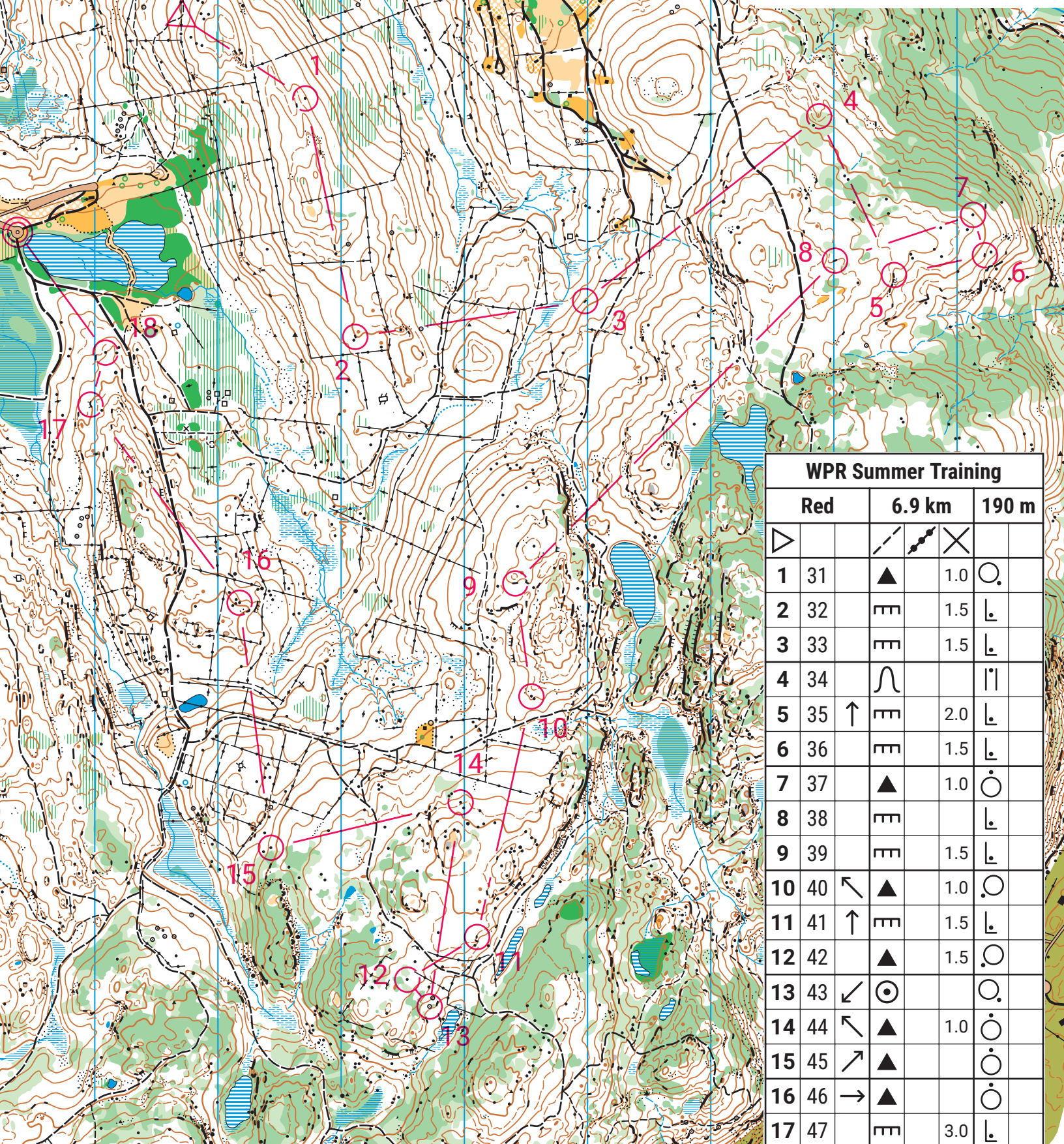


# Ward Pound Ridge

Scale 1:10,000

5m contours



WPR Summer Training					
Red		6.9 km		190 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	40	↖	▲	1.0	○
11	41	↑	≡	1.5	└
12	42	▲	1.5	○	
13	43	↙	◎		○
14	44	↖	▲	1.0	○
15	45	↗	▲		○
16	46	→	▲		○
17	47	≡	3.0	└	
18	48	▲	1.0	○	

**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.**

○ 300 m ○