M21L

01			11.8 km			300 m	
▷		↑					
1	135						
Take Care crossing road							
2	139	↗					
3	231				2x2		
4	219				0.5		
5	132				12x10		
6	210						
7	211						
8	220						
9	200						
10	221				3x1		
11	224				10x8		
12	225	↙					
13	204				1		
14	205				0.5		
15	202						
16	208				0.5		
17	212	↙			6x6		
18	238						
19	236				0.5/2		
20	239						
Take Care crossing road							
21	134				15x12		
22	184						
23	179	↘					
24	189						
25	123				2x2		
26	155						
90 m							
Courses close at 15:00							

M20L, M35L, M40L

02			10.0 km			275 m	
▷		↑					
1	181						
Take Care crossing road							
2	142				0.5		
3	219				0.5		
4	132				12x10		
5	210						
6	215						
7	201				30x15		
8	200						
9	221				3x1		
10	224				10x8		
11	225	↙					
12	206	↙					
13	207						
14	212	↙			6x6		
15	229						
16	238						
17	236				0.5/2		
18	239						
Take Care crossing road							
19	134				15x12		
20	250				4x3		
21	189						
22	124						
120 m							
Courses close at 15:00							

M18L, M21S, W21L

03			8.6 km			170 m	
▷		↑					
1	135						
2	136				12x12		
Take Care crossing road							
3	231				2x2		
4	132				12x10		
5	210						
6	215						
7	220						
8	204				1		
9	205				0.5		
10	202						
11	226				4x3		
12	238						
13	236				0.5/2		
14	239						
Take Care crossing road							
15	246				3x2		
16	250				4x3		
17	138				5x2		
18	124						
120 m							
Courses close at 15:00							

M16A, M20S, M35S, M40S, W20L, W35L, W40L

04			6.9 km			145 m	
▷		↑					
1	141						
2	136				12x12		
Take Care crossing road							
3	139	↗					
4	243	↗			4x1		
5	117						
6	214						
7	209						
8	121				10x8		
9	208				0.5		
10	120						
11	238						
12	236				0.5/2		
13	239						
Take Care crossing road							
14	246				3x2		
15	250				4x3		
16	138				5x2		
17	155						
90 m							
Courses close at 15:00							

M18S, M21V, W18L, W21S

05			5.7 km			110 m	
▷		↑					
1	181						
Take Care crossing road							
2	142				0.5		
3	243	↗			4x1		
4	117						
5	214						
6	120						
7	236				0.5/2		
8	239						
Take Care crossing road							
9	134				15x12		
10	177	←					
11	138				5x2		
12	155						
90 m							
Courses close at 15:00							

W20S, W35S, W40S

06			5.2 km			75 m	
▷		↑					
1	135						
Take Care crossing road							
2	231				2x2		
3	216						
4	211						
5	213	↖			10x10		
6	236				0.5/2		
7	235						
Take Care crossing road							
8	133				20x15		
9	250				4x3		
10	138				5x2		
11	111						
110 m							
Courses close at 15:00							