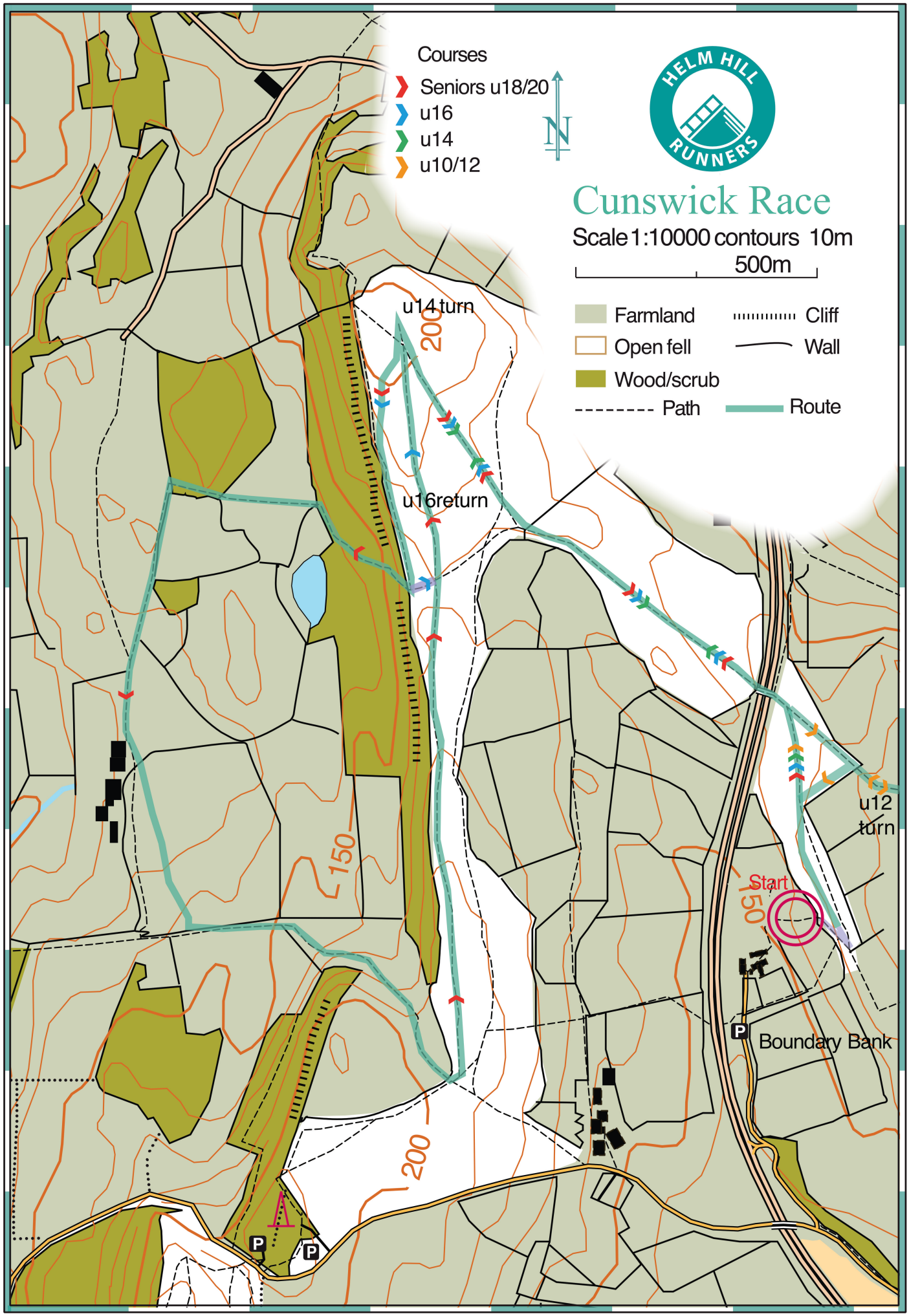

Courses
Seniors u18/20
u16
u14
u10/12
HELM HILL RUNNERS
Cunswick Race
Scale 1:10000 contours 10m
500m
Farmland
Open fell
Wood/scrub
Path
Cliff
Wall
Route
u14 turn
u16 return
u12 turn
Start
Boundary Bank
200
150
150
200
P
P
P