

ZONE CROSS COUNTRY 3KM COURSE

Do not cross road



CHECK POINTS

1	Top of hill on path	2	Halfway to playground
3	Playground	4	Corner of park
5	Sharp left hand bend	6	Boatshed road
7	Far Corner	8	Angle Park
9	Heading for beach	10	Beach
11	Top of Sandy beach hill	12	Soccer Field Corner
13	Half way down path	14	River edge
15	Adjacent to cricket nets	16	Soccer Field Edge
17	Hill Top	18	Charlton Corner
19	Home Stretch	20	Gate opening