

Western Parks 7.5				
Optimum 7.1km				
Long		5.4 km		40 m
▷		↗		
1	45	↗	↘	
2	44	↗		┌
3	32	↗		└
4	33	↗	↘	
5	35	↗	↘	
6	36	↗		<
7	37	◇		^
8	48	◇		┌
9	54	↗	↘	
10	52	↗		┆
11	53	↗	↘	
12	38	▨		∨
13	39	▨		•<
14	55	┌		
15	78	↗		┆
16	41	↗		┆
17	42	↗	↘	
⊗	190 m			⊗

Western Parks 7.5		
Short	2.3 km	10 m
▷		Start: Road
1	45	Path crossing
Use Compulsory Crossing Point		
2	33	Path crossing
3	35	Path Junction
4	36	Path bend
5	37	Open Land, N. Corner (inside)
6	39	Paved Area, W Corner (outside)
7	38	Paved Area, S. Corner (outside)
8	41	Road, N. End
9	42	Path Junction
Navigate 190 m to Finish		

Western Parks 7.5				
Medium		2.8 km		10 m
▷		↗		
1	31	↗		<
2	44	↗		┌
3	32	↗		└
4	33	↗	↘	
5	35	↗	↘	
6	36	↗		<
7	37	◇		^
8	38	▨		∨
9	49	▨		^
10	39	▨		•<
11	78	↗		┆
12	41	↗		┆
13	42	↗	↘	
⊗	190 m			⊗