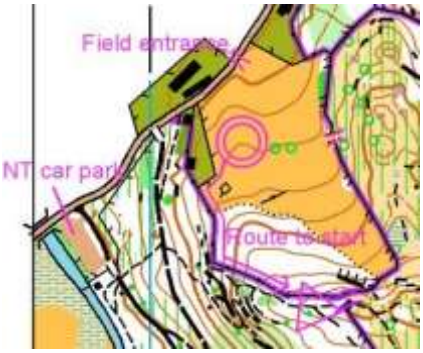
WCOC CLUB CHASE, 8th JULY 2017, SCALE HILL

Entries - email chair@wcoc.co.uk with name and course you are running so that maps can be printed and handicaps worked out!

Location

Finish and assembly is in the field opposite the Scale Hill hotel, grid ref 151216. This field is NOT for car parking which is either around the Loweswater Village Hall or in the NT car park at GR 149215.



Start

The start is an uphill 250m walk from the finish, around the west edge of the assembly field.

Courses

Brown	8.0 km	gaffled *
Blue	5.9 km	gaffled *
Green	3.7 km	gaffled *
Light green	3.5 km	
Orange	2.3 km	
Yellow	1.7 km	

* Gaffled means that the course is split at points to separate packs of runners. Everyone on a course will end up running exactly the same legs, but not necessarily in the same order. Just run the course shown on your map, though take care to visit the controls in the order shown.

Notes

Boundaries overprinted with a purple line may only be crossed at the crossing points marked)(.

It's summer and the undergrowth (mostly bracken and gorse) is rampant. It's marked with the green vertical hatch symbols.

Please be considerate of other users of the area.

REFRESHMENTS:

Please join us for refreshments and refuelling (cakes, hot and cold drinks) at the Loweswater Village Hall after your run. The four WCOC Juniors selected to represent GB at the "Junior European Cup" (JEC) at the end of September will be fund-raising, so please come and support them.