

SH00 HFS1 25April21 WHowe				
Long Hard		5.5 km	180 m	
▷		///	Y	
1	46	▨		┌
2	60	≡	0.7m	○ <sub>L</sub>
⊗		( )		⊙
3	43	↗		┌
4	51	↖		└
5	57	⊙		Q
6	55	↗	2m	┌
7	53	┌		○
8	58	⊙		Q
9	59	↖	<	
10	56	↗	↘	┌
11	52	⊙		Q
12	61	X		○
13	54	┌		Q
14	47	△		Q
⊗		510 m		⊙

SH00 HFS1 25April21 WHowe				
Short Hard		2.9 km	110 m	
▷		///	Y	
1	60	≡	0.7m	○ <sub>L</sub>
⊗		( )		⊙
2	39	↖	X	○
3	61	X		○
4	57	⊙		Q
5	50	┌		Q
6	55	↗	2m	┌
7	51	↖		└
8	49	↖	X	○
9	52	⊙		Q
10	53	┌		○
11	43	↗		┌
12	54	┌		Q
13	44	■		┌
⊗		580 m		⊙

SH00 HFS1 25April21 WHowe				
Very Easy		1.5 km	35 m	
▷		///	Y	
1	31	///	Y	
2	32	///	Y	
3	33	■		┌
4	34	///	Y	
⊗		( )		⊙
5	35	///	Y	
6	36	↖		┌
7	37	X		○
8	38	///	Y	
9	39	↖	X	○
10	40	///	<	
11	41	///	Y	
12	42	≡	0.8m	┌
⊗		60 m		⊙

SH00 HFS1 25April21 WHowe				
Moderate		2.5 km	80 m	
▷		///	Y	
1	32	///	Y	
2	60	≡	0.7m	○ <sub>L</sub>
⊗		( )		⊙
3	40	///	<	
4	37	X		○
5	57	⊙		Q
6	50	┌		Q
7	49	↖	X	○
8	43	↗		┌
9	54	┌		Q
10	45	↗		└
11	47	△		Q
12	41	///	Y	
⊗		220 m		⊙

SH00 HFS1 25April21 WHowe				
Easy		2.3 km	40 m	
▷		///	Y	
1	46	▨		┌
2	33	■		┌
⊗		( )		⊙
3	36	↖		┌
4	39	↖	X	○
5	37	X		○
6	43	↗		┌
7	44	■		┌
8	45	↗		└
9	47	△		Q
10	48	X		○
11	42	≡	0.8m	┌
⊗		60 m		⊙