

Course 1 feature leg route options

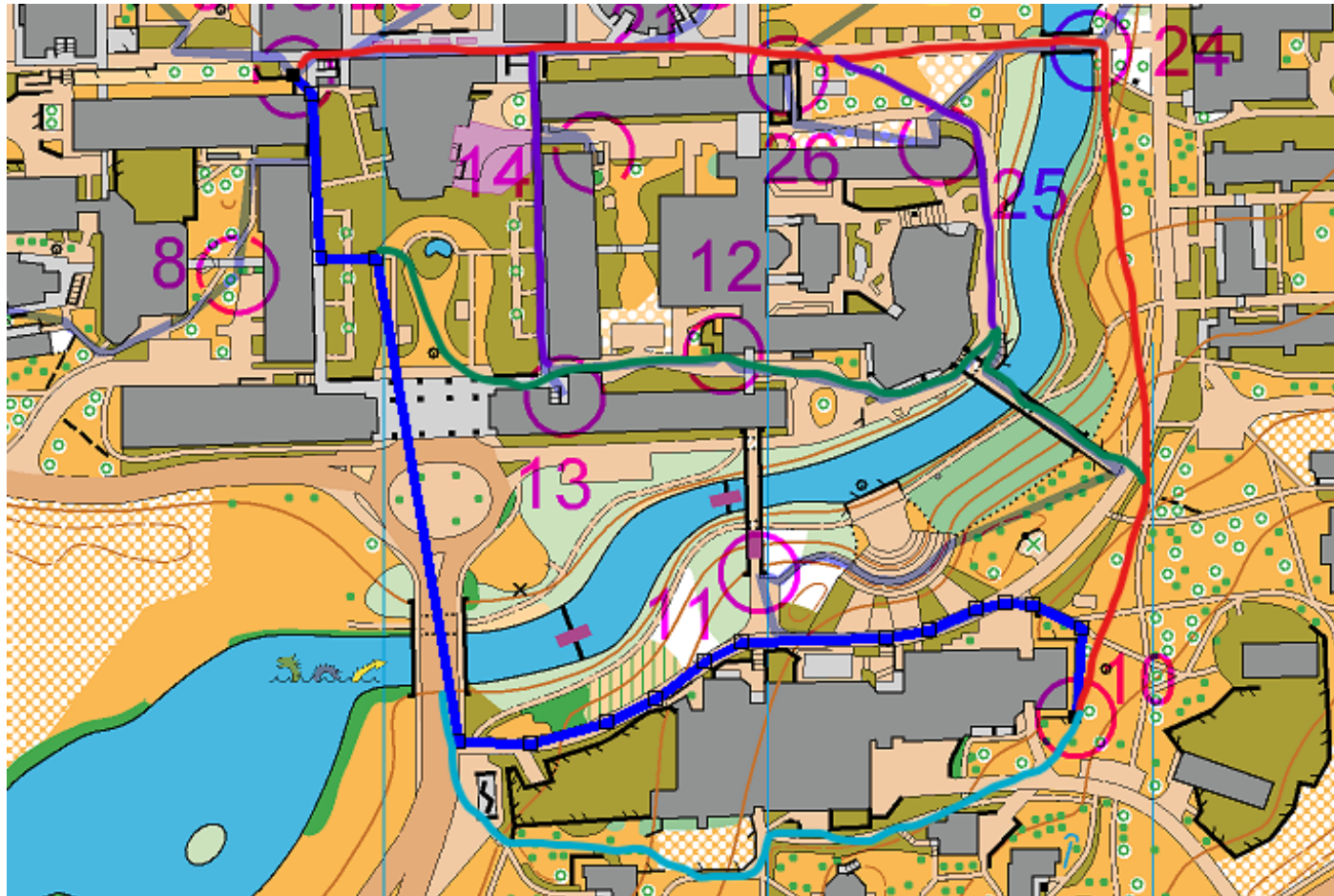
Dark blue route is about 464m in length

Light blue (south) is a less favourable variant of the dark blue route at 469m

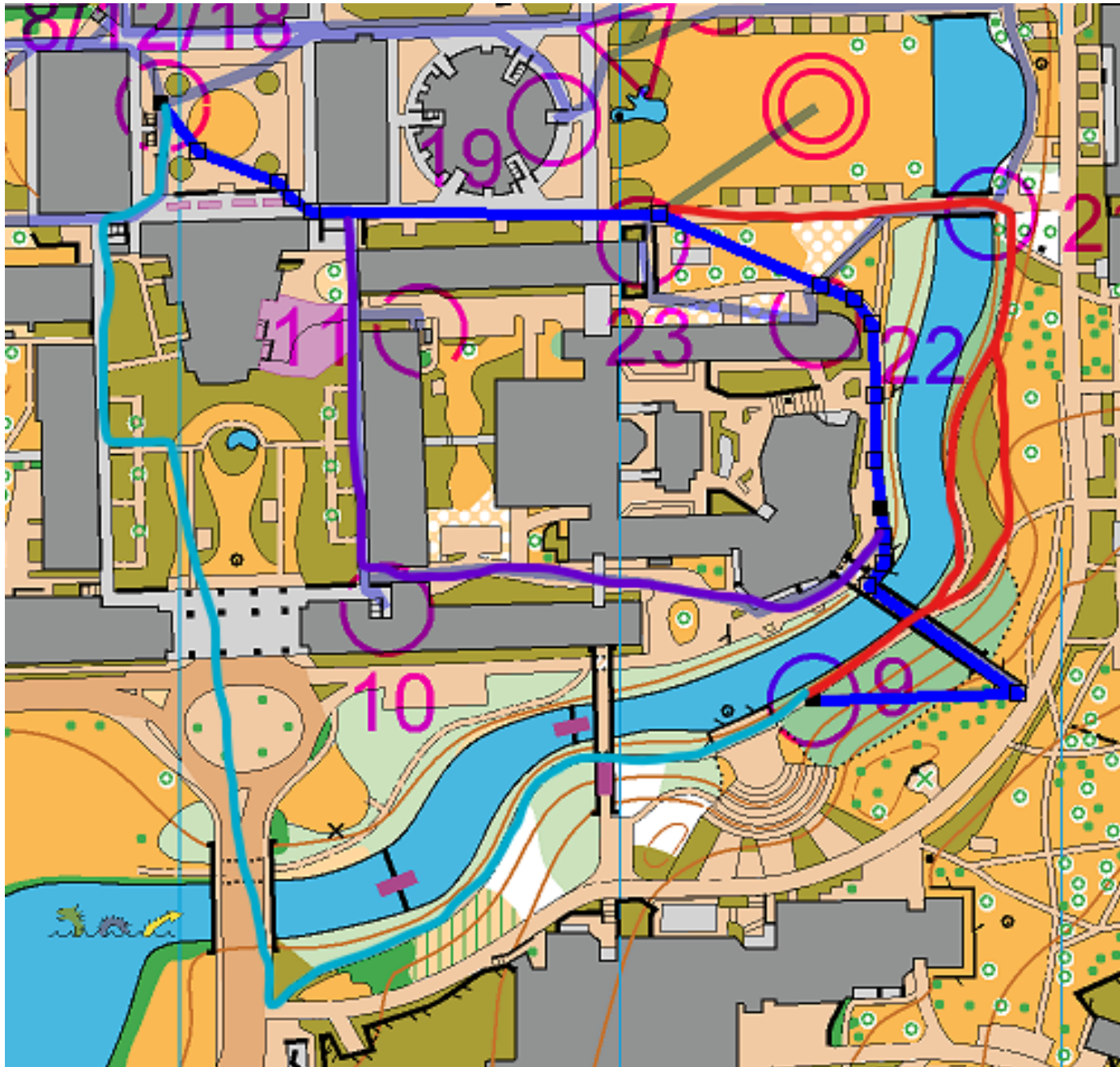
Red is considered by the setter as the fastest running and is about 472m

Green is feasible but the stair climb slows you down

Heavy purple lines are other variants on the main route options



Course 2 feature leg route options



Dark blue route is about 391m in length. It does however feature a nasty staircase climb and angled, rough descent after the bridge.

Light blue (west) is a less favourable route at 458m but does have a simpler run into the control.

Red options are considered by the setter as the fastest running and are both about 400m.

Heavy purple line is another variant on the main blue route option.

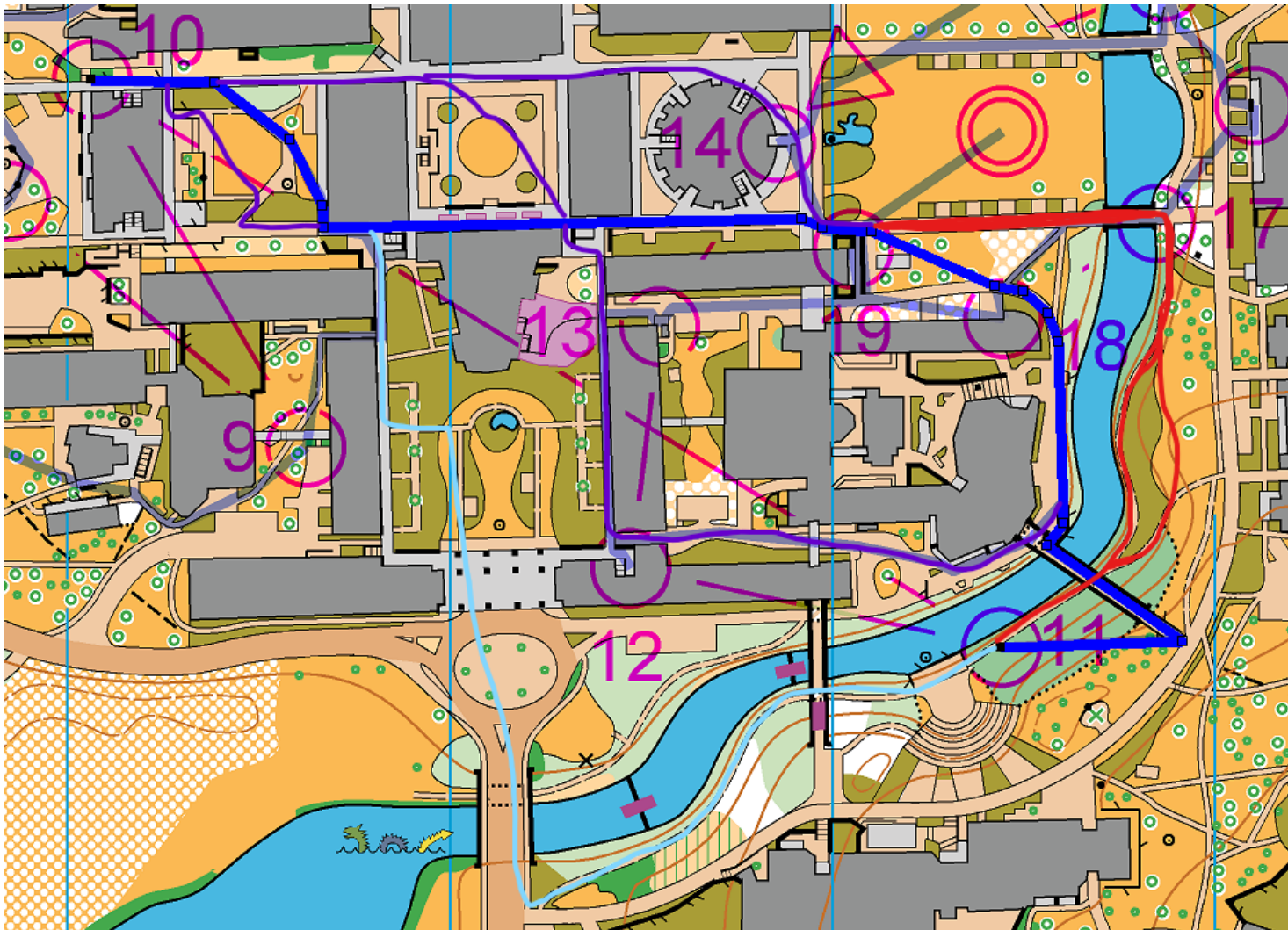
Course 3 feature leg route options

Dark blue route is about 516m in length. It does however feature a nasty staircase climb and angled, rough descent after the bridge.

Light blue (west and south) is a less favourable, longer route but does have a simpler run into the control.

Red options are considered by the setter as the fastest running and are both about 525m.

Heavy purple lines are other variants on the main blue route option.



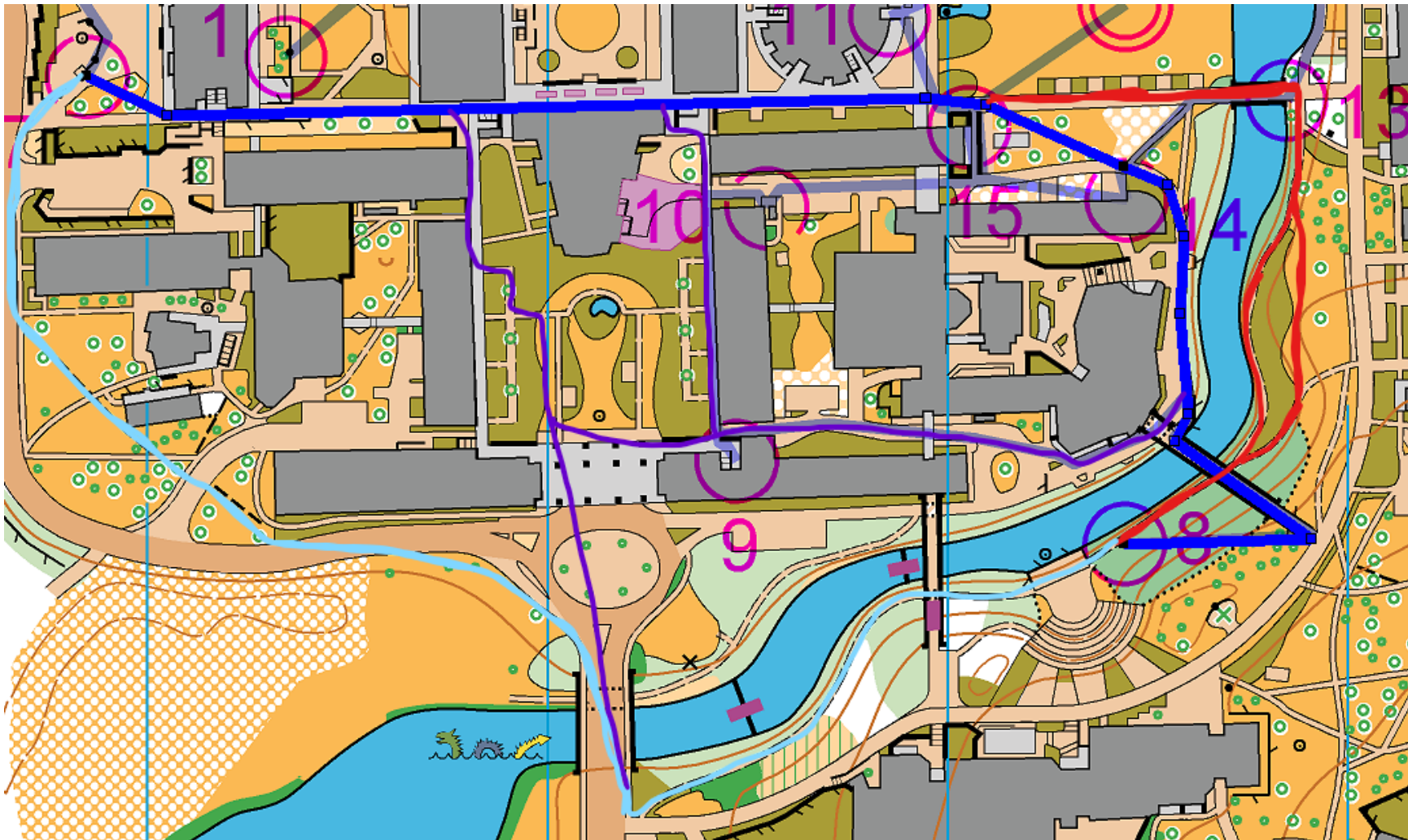
Course 4 feature leg route options

Dark blue route is about 517m in length. It does however feature a nasty staircase climb and angled, rough descent after the bridge.

Light blue (west and south) is also about 517m but is very direct (fast) early on and has a simpler run into the control.

Red options are also fast running and are both about 530m.

Heavy purple lines are some other variants on the main route options.

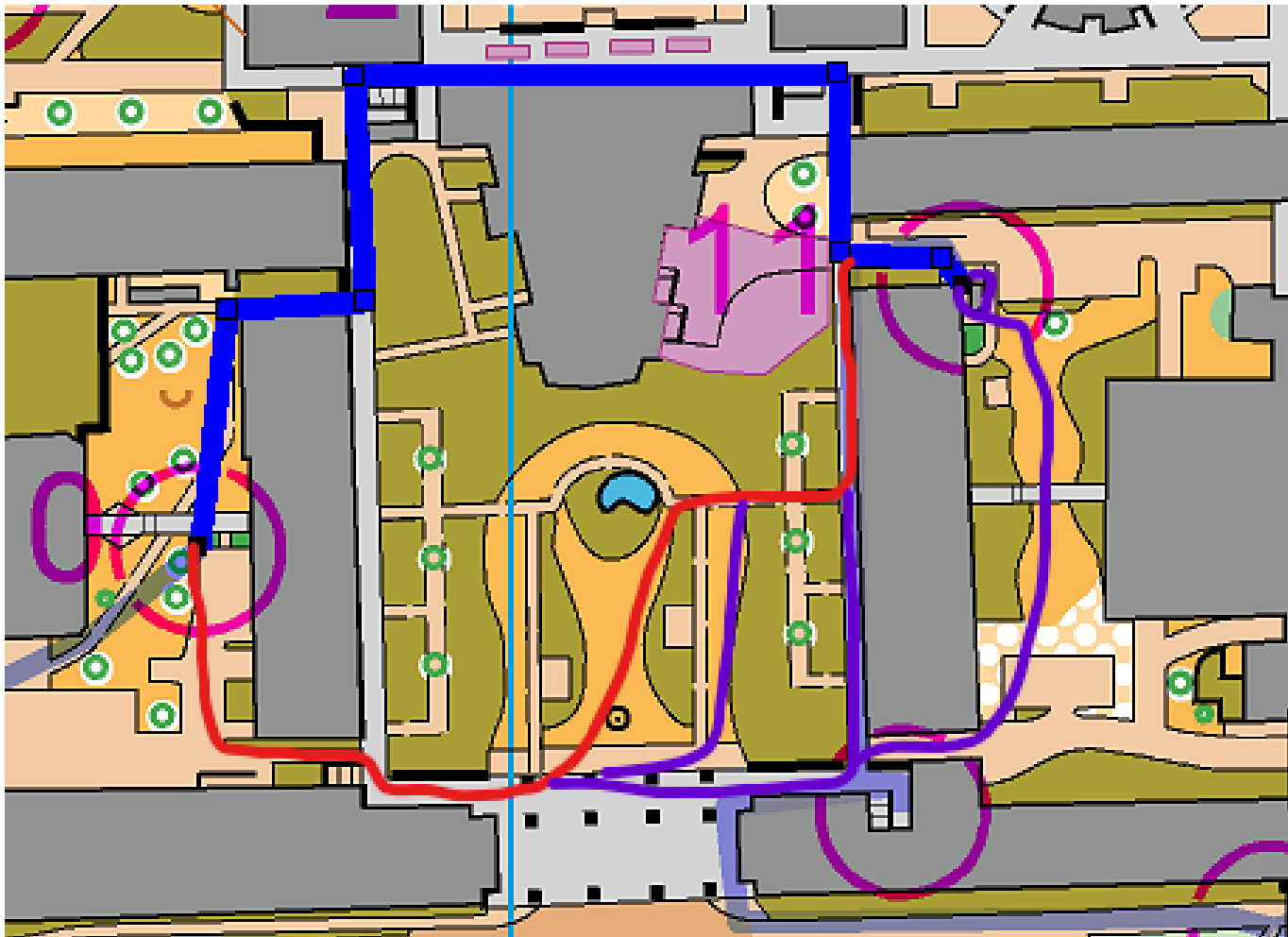


Course 5 feature leg route options

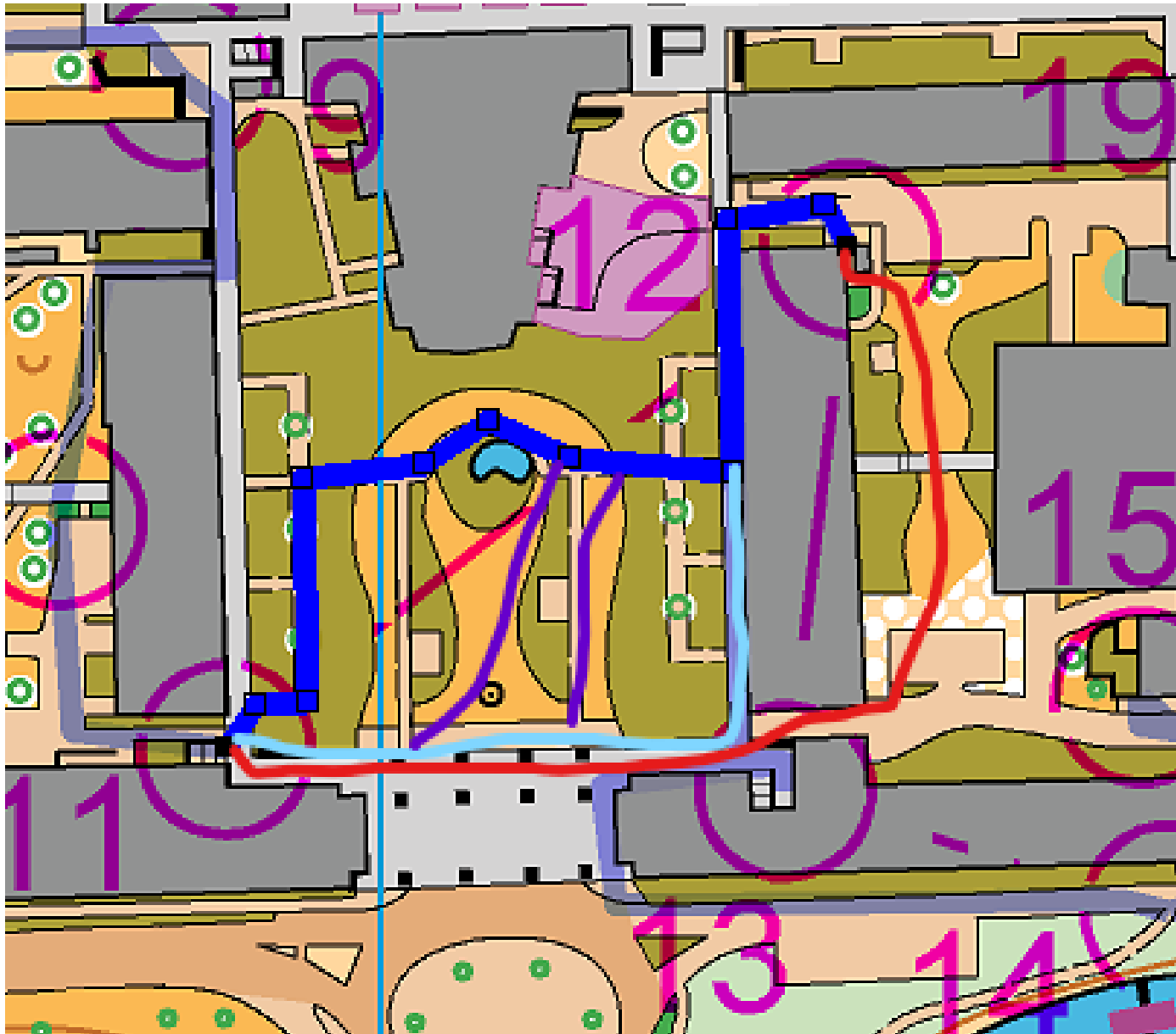
Dark blue route is about 204m in length. It follows the natural pathways around the buildings more cleanly.

Red route option south is about 207m. Both options are roughly as fast as each other. In cases like this the choice is which one you think you can execute the cleanest and thus the fastest. Don't spend too much time choosing, just go!

Heavy purple lines are some other variants on the main route options. All are quite feasible.



Course 6 feature leg route options



Dark blue route is about 165m in length. It might be the most direct but is it the fastest?

The light blue variation is a simple route that follows the buildings in good fast straight lines. The course setter likes this option.

The red option goes a bit further east but is also a fast route. The squeeze at the end to find the control from the south is fun but not so fast.

Heavy purple lines are other good ways to go.