

Spice Brook 2020						
E	2.9 km			100 m		
					Start:	
1	145				Bend in path	
		90 m			Follow tapes 90 m between controls	
2	130				W end of S minor watercourse	
		90 m			Follow tapes 90 m between controls	
3	111				NW end of minor watercourse	
4	131				Minor watercourse and path crossing	
5	143				Bend in path	
6	144				Bend in minor watercourse	
7	146				SE end of minor watercourse	
8	147				Minor watercourse and path crossing	
		150 m			Follow tapes 150 m between controls	
9	142				S end of minor watercourse	
10	134				Minor watercourse and narrow marsh crossing	
11	135		2.0m		S side of boulder, 2m high	
12	136				Path junction	
13	137				Bend in path	
14	138				Bend in path	
		100 m			Navigate 100 m to finish	

Spice Brook 2020						
M	3.9 km			120 m		
					Start:	
1	113		0.7/1.4		SE side of boulder, 0.7m to 1.4m high	
2	128				SW end of minor watercourse	
3	119		3		Top of earth bank, 3m high	
4	121				Hill	
5	112		2		Foot of cliff, 2m high	
6	118				Bend in minor watercourse	
7	101				Bend in minor watercourse	
8	116		11		W side of knoll, 11m high	
9	111				NW end of minor watercourse	
		470 m			Navigate 470 m to finish	

Spice Brook 2020						
VE	2.1 km			100 m		
					Start:	
1	107				Bend in path	
2	145				Bend in path	
		90 m			Follow tapes 90 m between controls	
3	130				W end of S minor watercourse	
		90 m			Follow tapes 90 m between controls	
4	111				NW end of minor watercourse	
5	131				Minor watercourse and path crossing	
6	132				Minor watercourse and path crossing	
7	133		1.0m		S side of boulder, 1m high	
8	134				Minor watercourse and narrow marsh crossing	
9	135		2.0m		S side of boulder, 2m high	
10	136				Path junction	
11	137				Bend in path	
12	138				Bend in path	
		100 m			Navigate 100 m to finish	