Spice Brook 2020							
Spice F			2.9 km	100 m			
\overline{D}	_	Start		100 111			
1	145	Bend in path					
Follo	Follow tapes 90 m between controls						
2	130	W end of S minor watercourse					
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					
Follow tapes 150 m between controls							
9	142	S end of minor watercourse					
10	134	Minor watercourse and narrow marsh crossing					
11		S side of boulder, 2m high					
		Path junction					
			in path				
14	138	Bend in path					
Navigate 100 m to finish							

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

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



