**WHO Cup 2020 - Long and Medium Courses**

**\* You must use the underpass to the first control and on your return.\***

The courses target lesser known areas of the Fred Caterson Reserve.

A number of trees have fallen in the bush areas and may block your route.    
The bush is "bushy".  Recent rain has made it lush and green.  Gaiters could be useful.   
Temperatures will be warm (24C to 29C).  Bring water with you.   
Mountain bikers and kids on bikes use the tracks.

The Council have been active.  Map updates may not have caught all the recent changes.

Watch out for traffic on the roads and car parks.

Take care when approaching controls adjacent to rockfaces/cliffs   
  
Winners get their names on the trophy.   
  
Enjoy your run !