



- Scattered trees
- Undergrowth, difficult to run
- Forest, Good running
- Forest, Slow running
- Forest, Difficult to run
- Forest, Very Difficult to run
- Distinct Vegetation Boundary
- Vehicle Track
- Footpath
- Small footpath
- Less distinct small path
- Passable Fence
- Impassable Fence
- Large tower
- Man-made Object



| WJR - McCartney Creek |    |        |  |  |  |
|-----------------------|----|--------|--|--|--|
| Beginner              |    | 1.8 km |  |  |  |
|                       |    |        |  |  |  |
| 1                     | 41 |        |  |  |  |
| 2                     | 39 |        |  |  |  |
| 3                     | 58 |        |  |  |  |
| 4                     | 53 |        |  |  |  |
| 5                     | 50 |        |  |  |  |
| 6                     | 51 |        |  |  |  |
| 7                     | 49 |        |  |  |  |
| 8                     | 47 |        |  |  |  |
| 9                     | 48 |        |  |  |  |
|                       |    | 200 m  |  |  |  |

Be back at finish by 12noon