



- 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					
Intermediate		3.4 km			
1	41				
2	60				
3	34				
4	43				
5	33				
6	58				
7	50				
8	47				
9	48				
	200 m				

Be back at finish by 12noon