

IMPORTANT: This course is not part of an event, and is provided for individual training only. You use it at your own risk. Ensure you adhere to government requirements around Covid19 social distancing and travel.

No markers have been put out at controls (ignore control codes). However, this course can be run using the MaprunF app to track your route and time.

For more info go to <https://www.scottish-orienteering.org/get-involved/pocs/>

For any feedback, queries and membership, email info@interlopers.org.uk

Magnetic North



www.interlopers.org.uk

Inch Sprint long		4.8 km	
1	2	☒	○
2	38	↘	<
3	31	↗	⊥
4	34	⋯	○
5	35	→	↑
6	36	⋯	○
7	10	↑	
8	6	↗	^
9	7	☒	○
10	8	→	⊥
11	9	☒	^
12	33	↑	
13	14	↘	Y
14	43	⊗	
15	49	⊗	○
16	46	↘	↘
17	32	☒	↘
18	37	↗	✓
19	53	↘	✓
20	54	⋯	○
21	55	↑	
22	59	☒	○
		○ <	200 m
		>	○

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Inchplus Sprinttekepa



Map by Graeme Ackland 2014
for Interlopers OC
ISSOM based on OS data
1:5000