

Course Information

Mandatory Controls

This information is also printed on the map.

- The first control (208, close to the start) is mandatory for all courses - you cannot choose to miss this one out and you have to go here first. The remainder you can do in any order.
- For the JoG-3, JoG-2 and JoG+Score courses, a further control (220) is compulsory in Lantern Wood.

Controls - Order and Missing them Out

- You visit the controls in any order. (Apart from the mandatory first one).
- You also choose which controls to miss out. (Apart from the mandatory ones). On JoG-5 you can miss 5, on JoG-4 you can miss 4, etc.
- Remember how many controls you are meant to be missing out before you set off!
- All JoG and JoG+Score runners should note that one control is north of the start location - don't overlook it when deciding which controls to miss out.
- All JoG+Score runners should miss 3 controls in the JoG leg of the course.

Map Exchange

JoG+Score course runners.

After finishing the JoG leg you will do a map exchange. The map exchange is adjacent to the event finish and will be marked on your map with a finish symbol. Take a score map, dib the map exchange control (231) next to the map boxes and run the score leg for the remainder of your 75 minutes. The score map will not show a start triangle. Remember, you have 75 minutes in total for **both** legs. When your 75 mins are up, dib the finish control and move to the adjacent download area.

Penalties

If JoG+Score runners are back later than 75 minutes in total across both legs, penalties will be incurred at the following rates:

- 1-5 minutes late 2 points per minute
- 5-10 minutes late 5 points per minute
- 10+ minutes late, all points lost

Safety

Do not cross any wall or fence except at mapped crossing points. Do not enter out of bounds areas marked with red hatching. Take care crossing the park roads and please be considerate of other park users, especially at gates and stiles.

There are docile livestock (including Highland Cattle) in the park. They will not be interested in you, but please avoid them and if you need to get past run or walk wide and slowly around them.

If you cannot finish your course within 75 minutes please stop and report to the finish and download promptly. The courses will close at 12:30 and we'll begin collecting controls shortly afterwards.

First Aid will be available at the finish and download area.