

Miles Hill Maprun sprint		
Long	5.0 km	135 m
▷		Start:
1	31	NE. Building, SW. Side
2	32	Single Tree
3	33	Stairway
4	34	Copse, SE. Edge
5	35	Path Junction
6	36	SW. Wall, SE. End
7	37	N. Single Tree
8	40	SE. Stairway
9	38	Road
10	39	Building, NW. Side
11	41	NW. Building, SE. Side
12	43	Stairway
13	44	Building, E. corner (inside)
14	48	Stairway
Take care crossing road		
15	45	Copse, NW. Side
16	51	Stairway
17	50	NE. Single Tree
18	56	Middle Single Tree
19	46	E. Single Tree
20	47	Path bend
21	49	Stream bend
Take care crossing road		
22	52	Root Stock
23	54	Building, SE. Side
24	53	Stairway
25	55	Path Junction
Navigate 180 m to Finish		

Miles Hill Maprun sprint		
Short	3.0 km	80 m
▷		Start:
1	31	NE. Building, SW. Side
2	32	Single Tree
3	33	Stairway
4	34	Copse, SE. Edge
5	35	Path Junction
6	36	SW. Wall, SE. End
7	37	N. Single Tree
8	40	SE. Stairway
9	38	Road
10	39	Building, NW. Side
11	41	NW. Building, SE. Side
12	43	Stairway
13	44	Building, E. corner (inside)
14	48	Stairway
15	57	Fence, N. Edge
16	42	Single Tree
17	52	Root Stock
18	54	Building, SE. Side
19	53	Stairway
20	55	Path Junction
Navigate 180 m to Finish		

Miles Hill Maprun sprint				
Long		5.0 km		135 m
▷				
1	31	↗	■	○
2	32	↑		
3	33	↗		
4	34	⌄		Q
5	35	↗	Y	
6	36	↙	↗	↘
7	37	↑	↑	
8	40	↘	↗	
9	38	↗		
10	39	■		○
11	41	↙	■	Q
12	43	↗		
13	44	■		>
14	48	↗		
Take care crossing road				
15	45	⌄		○
16	51	↗		
17	50	↗	↑	
18	56		↑	
19	46	→	↑	
20	47	↗		<
21	49	⌚		<
Take care crossing road				
22	52	⊗		
23	54	■		Q
24	53	↗		
25	55	↗	Y	
⊗	180 m			⊗

Miles Hill Maprun sprint				
Short		3.0 km		80 m
▷				
1	31	↗	■	○
2	32	↑		
3	33	↗		
4	34	⌄		Q
5	35	↗	Y	
6	36	↙	↗	↘
7	37	↑	↑	
8	40	↘	↗	
9	38	↗		
10	39	■		○
11	41	↙	■	Q
12	43	↗		
13	44	■		>
14	48	↗		
15	57	↗		○
16	42	↑		
17	52	⊗		
18	54	■		Q
19	53	↗		
20	55	↗	Y	
⊗	180 m			⊗