

Start at car park - 'Welcome to Thorncombe Wood' sign (SE end)

Course 1 (easy) - 1.9km

Control	Description	Code
1	Bench, NE side	
2	Fingerpost	
4	Waymarker	
7	Gate	
8	Waymarker	
9	Fingerpost	
10	Waymarker	
11	Gate	
12	Waymarker	
13	Fingerpost	
6	Fingerpost	
3	Waymarker	
19	Fingerpost	
20	Waymarker	

Course 2 (medium) - 2.1km

Control	Description	Code
1	Bench, NE side	
5	Log, W end	
7	Gate	
8	Waymarker	
9	Fingerpost	
10	Waymarker	
11	Gate	
14	Gate, SW side	
16	Fence post	
13	Fingerpost	
6	Fingerpost	
3	Waymarker	
18	Waymarker	
19	Fingerpost	
20	Waymarker	

Course 3 (medium) 2.5km

Control	Description	Code
1	Bench, NE side	
5	Log, W end	
21	Fingerpost	
23	Bench	
24	Bench, top	
7	Gate	
8	Waymarker	
9	Fingerpost	
10	Waymarker	
11	Gate	
15	Gate, SW side	
17	Bench, N side	
18	Waymarker	
19	Fingerpost	
20	Waymarker	

Course 4 (hard) 3.0km

Control	Description	Code
5	Log, W end	
22	Stump	
24	Bench, top	
7	Gate	
12	Waymarker	
11	Gate	
14	Gate, SW side	
16	Fence post	
17	Bench, N side	
4	Waymarker	
13	Fingerpost	
3	Waymarker	
19	Fingerpost	
20	Waymarker	

Finish at fingerpost - end of path S of Visitor Centre