

OO 2008 - Course combinations

Day 1

Day 2

crse	Men		Women		Day 1		Day 2	
	crse	m	crse	m	km	ctrls	km	ctrls
1	M21L				9.3	225	9.2	300
2	M35L M40L				7.9	170	7.9	235
3	M45L M50L M21S JM5L		W21L		6.4	155	6.4	190
4	M55L M60L M35S M40S JM5M		W35L W40L JW5L		5.2	115	5.4	145
5	M65L M45S M50S		W45L W50L W21S		4.1	80	3.8	145
6	M70L M55S JM5S		W55L W60L W35S W40S JW5S		3.5	65	3.5	125
7	M75L M60S M65S		W65L W70L W45S		2.8	50	2.9	100
8	M80 M70S M75S		W75L W50S W55S W60S W65S W70S W75S		2.6	55	2.1	70
9	JM4		JW4		3.4	80	2.9	80
10	JM3 orange		JW3		2.6	60	2.5	80
11	JM2 yellow		JW2		1.8	25	2.1	45

OO 2008 Day 1			
1	9.3 km	225 m	
▷			
1	106		20x5
◯ = ◯			
2	123		
3	142		
4	139		
5	137		<
6	133		
7	136		
8	135		
9	134		
10	132		
◯ = ◯			
11	128		
12	129		
13	130		
◯ = ◯			
14	127		
15	125		
16	143		
◯ = ◯			
17	146		
18	149		
◯ 190 m ◯			
Courses close 16.00			

OO 2008 Day 1			
2	7.9 km	170 m	
▷			
1	104		
◯ = ◯			
2	118		
3	126		
4	125		
5	137		<
6	136		
7	134		
◯ = ◯			
8	131		
9	129		
10	128		
◯ = ◯			
11	122		
12	138		<
13	139		
14	143		
◯ = ◯			
15	146		
16	147		
◯ 350 m ◯			
Courses close 16.00			

OO 2008 Day 1			
3	6.4 km	155 m	
▷			
1	108		
◯ = ◯			
2	118		
3	120		
4	137		<
5	134		
6	132		
◯ = ◯			
7	131		
◯ = ◯			
8	126		
9	124		
10	122		
11	139		
◯ = ◯			
12	144		
13	146		
14	147		
15	149		
◯ 190 m ◯			
Courses close 16.00			

OO 2008 Day 1			
4	5.2 km	115 m	
▷			
1	111		
◯ = ◯			
2	117		
3	126		
4	125		
5	137		<
6	139		
7	123		
8	120		
9	143		
◯ = ◯			
10	146		
11	148		
12	149		
◯ 190 m ◯			
Courses close 16.00			






OO 2008 Day 1			
5	4.1 km	80 m	
▷			
1	109		
◯ = ◯			
2	120		
3	124		
4	126		
5	127		
6	118		
7	143		
◯ = ◯			
8	146		
9	147		
◯ 350 m ◯			
Courses close 16.00			















OO 2008 Day 1			
6	3.5 km	65 m	
▷			
1	105		
◯ = ◯			
2	118		
3	127		
4	124		
5	122		
6	143		
◯ = ◯			
7	146		
8	149		
◯ 190 m ◯			
Courses close 16.00			

OO 2008 Day 1			
7	2.8 km	50 m	
▷			
1	103		
2	111		
3	114		
◯ = ◯			
4	118		
5	123		
6	141		
7	143		
◯ = ◯			
8	147		
9	149		
◯ 190 m ◯			
Courses close 16.00			

OO 2008 Day 1			
8	2.5 km	55 m	
▷			
1	113		
◯ = ◯			
2	118		
3	123		
4	120		
5	143		
◯ = ◯			
6	146		
7	148		
8	149		
◯ 190 m ◯			
Courses close 16.00			

OO 2008 Day 1			
9	3.4 km	80 m	
▷			
1	107		
◯ = ◯			
2	118		
3	127		
4	125		
5	139		
◯ = ◯			
6	144		
7	148		
◯ 210 m ◯			
Courses close 16.00			

	6								
6	207				1.5				
	300 m								
Courses close 15.30									

OO 2008 Day 2									
9		2.9 km			80 m				
									
1	217								
2	214				1.0				
3	218				1.0				
4	219								
5	216								
6	220				1.0				
	340 m								
Courses close 15.30									

OO 2008 Day 1
Course 10 - 2.6km, 60m
JM3, JW3
ORANGE

START - Wall / fence junction

- 1 105 Ditch junction
- 2 112 N ditch E end
- 3 114 Stream SW end

Navigate to crossing point

Take care on road

- 4 117 Stream / linear marsh junction
- 5 119 SE small depression
- 6 121 Bridge W end
- 7 140 Power line pole

- 8 141 Middle pit
- 9 143 Linear marsh junction

Navigate to crossing point

- 10 145 Cave

Navigate 380m to finish

Courses close 16.00

OO 2008 Day 1
Course 11 - 1.8km, 25m
JM2, JW2
YELLOW

START - Wall / fence junction

- 1 101 Ditch bend
- 2 102 Gate
- 3 110 Ruined bridge
- 4 112 N ditch E end
- 5 114 Stream SW end

Take care on road

Follow tapes for 100m

- 6 115 Stream
- 7 116 Wall corner

Navigate 200m to finish

Courses close 16.00

OO 2008 Day 2
Course 10 - 2.5km, 80m
JM3, JW3
ORANGE

START - Path

1. 202 Ditch/path crossing
2. 209 Middle boulder 2m N side
3. 211 Footbridge
4. 215 Ditch NE bend
5. 217 Stream
6. 221 Ditch bend

Follow tapes 180m to finish

Courses close at 15.30

OO 2008 Day 2
Course 11 - 1.5km, 45m
JM2, JW2
YELLOW

START - Path

1. 200 Ditch W bend
2. 202 Ditch/path crossing
3. 240 Path

Follow tapes 130m to control 4

4. 204 Ditch
5. 221 Ditch bend

Follow tapes 180m to finish

Courses close at 15.30