

<b>SLOW Mountain Bike Orienteers</b>	
<b>Knowl Hill course for MapRun phone app</b>	
Time limit 2 hours. Penalty - 3 points per minute late.	
Location: Velolife Cafe, Warren Row, RG10 8QS	
Version 2.0 - 19/04/23	
<b>CP</b>	<b>Description</b>
S/F	Velolife cafe car park entrance
10	Byway junction
11	Bridleway junction
12	Byway / footpath junction
13	Byway bend / footpath junction
14	Road / byway junction
15	Road bend / footpath junction
20	Bridleway bend over stream
21	Road junction, cycle route sign
22	Byway / footpath junction
23	Telegraph pole, no vehicles sign
24	Bridleway / footpath junction
25	Bridleway / footpath junction
26	Byway NCN 4 junction
27	Road / byway / footpath junction
28	Y shaped byway junction
30	Byway / footpath junction
31	Road / byway junction
32	Road / byway junction
33	Bridleway, entrance to chalk pit
34	Road / bridleway junction
	10-15 - 10 pts, 20-28 - 20 pts, 30-34 - 30 pts.
	<b>Total 390 pts</b>