

NOY6 Heart Rate Hills 25 July 2021**Course Very Easy, Length 2.2 km**

Start Mound

1. 161 Mound 1m, on the top
 2. 162 Pond 10 x 5m, West edge
- Follow streamers to track
3. 163 Mound, on the top
 4. 164 Minor watercourse
 5. 165 Minor watercourse
 6. 166 Track bend
 7. 167 South western track, at the bend
 8. 168 Track bend
 9. 169 Western track
 10. 170 Minor watercourse
 11. 171 Tree root 2.5m, East side
 12. 172 Mound 0.5m, on the top
- 160 m from last control to finish. No tapes

NOY6 Heart Rate Hills 25 July 2021**Course Moderate Long, Length 3.2 km**

Start Mound

1. 160 Tree root 1.5m, West side
 2. 174 Tree root 1.5m, South side
 3. 175 Boulder 0.5m, West side
 4. 176 Termite mound 0.5m, North side
 5. 187 Mound 1m, East side
 6. 183 Rock face 0.5m, at the foot
 7. 188 Tree root 0.5m, West side
 8. 191 Minor watercourse
 9. 193 NE minor watercourse, Upper part (top)
 10. 194 Tree root 1m, SW side
 11. 195 Minor watercourse
 12. 200 Western mound 1m, North side
 13. 170 Minor watercourse
 14. 197 Middle boulder cluster, NW side
- 260 m from last control to finish. No tapes

NOY6 Heart Rate Hills 25 July 2021**Course Easy, Length 2.3 km**

Start Mound

1. 161 Mound 1m, on the top
 2. 174 Tree root 1.5m, South side
 3. 175 Boulder 0.5m, West side
 4. 176 Termite mound 0.5m, North side
 5. 187 Mound 1m, East side
 6. 204 Minor watercourse junction
 7. 165 Minor watercourse
 8. 196 Boulder cluster, West side
 9. 191 Minor watercourse
 10. 167 South western track, at the bend
 11. 168 Track bend
 12. 193 NE minor watercourse, Upper part (top)
 13. 170 Minor watercourse
 14. 171 Tree root 2.5m, East side
 15. 198 Watercourse, North end
- 220 m from last control to finish. No tapes

NOY6 Heart Rate Hills 25 July 2021**Course Moderate Short, Length 2.6 km**

Start Mound

1. 160 Tree root 1.5m, West side
 2. 174 Tree root 1.5m, South side
 3. 175 Boulder 0.5m, West side
 4. 176 Termite mound 0.5m, North side
 5. 187 Mound 1m, East side
 6. 183 Rock face 0.5m, at the foot
 7. 188 Tree root 0.5m, West side
 8. 191 Minor watercourse
 9. 168 Track bend
 10. 193 NE minor watercourse, Upper part (top)
 11. 170 Minor watercourse
 12. 197 Middle boulder cluster, NW side
- 260 m from last control to finish. No tapes