



## Bildeston Trails Maprun

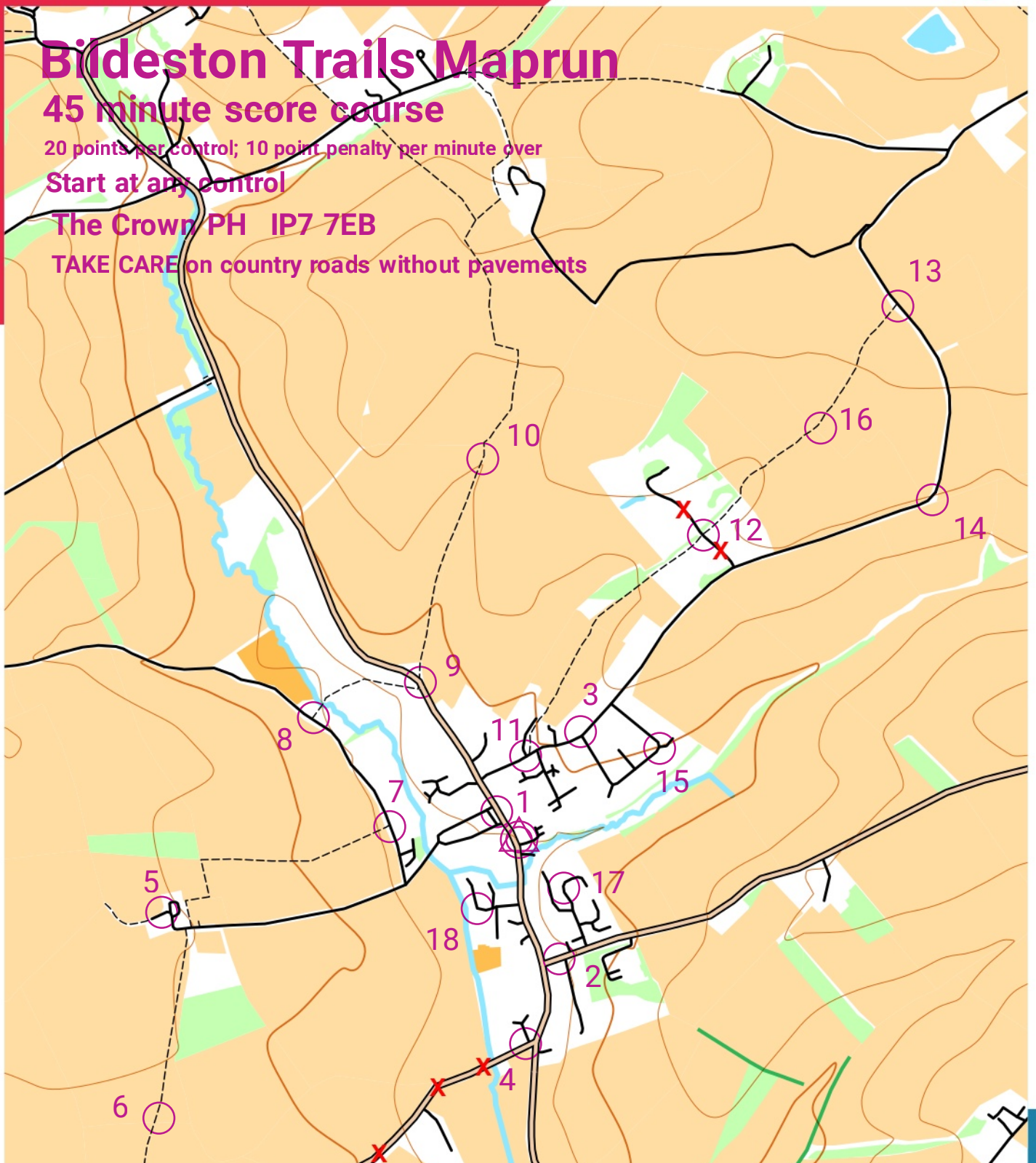
45 minute score course

20 points per control; 10 point penalty per minute over

Start at any control

The Crown PH IP7 7EB

TAKE CARE on country roads without pavements



Maprun Score	
45 minutes	
Score	360 points
Start: Pub car park	
20 1	Post box
20 2	Post box
20 3	Post box
20 4	Road Junction
20 5	Path
20 6	Path
20 7	Path and Bridge
20 8	Road/Path Junction
20 9	Road/Path Junction
20 10	Path and Field, NE Corner (inside)
20 11	Road crossing
20 12	Path/Private drive crossing
20 13	Road/Path Junction
20 14	Road
20 15	Road Junction
20 16	Bridge
20 17	Road
20 18	Road bend



<http://www.suffoc.co.uk/resources/maprun-courses>