

Bo'ness									
Junior			1.4 km						
▷			↗	↘	×				
1	187		⤴			○			
2	186		↗			└			
3	200		↗			├			
4	201		⚡			└┐			
5	203	↑	↗			├			
6	204		↗	↘	×				
7	197		↘	↗	↘				
8	192		⤵			└			
○<			95 m			>◎			
Coures Close 19:30									

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Bo'ness									
Long			3.6 km						
▷			↗	↘	✕				
1	200		↗			└			
2	181		↗			└			
3	182		↗			└			
4	183		⚡			└			
5	184		Π						
6	186		↗			└			
7	199		↗			└			
8	200		↗			└			
9	188		⚡			✓			
10	185		↗			└			
11	196		↗	↘	✕				
12	189		↗			↘			
13	193		↗			↘			
14	194		⚡			↘			
15	195		⊗	⊗		└			
16	184		Π						
17	190		◇			○			
18	198		↗	↘	✕				
19	184		Π						
20	191		↗		<				
21	197		↗	↘	✕				
22	192		↘			└			
○<			95 m				>◎		
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Bo'ness									
Short			2.6 km						
▷			↗	↘	×				
1	181		↗			└			
2	191		↗		<				
3	198		↗	↘	×				
4	183		↗			└			
5	189		↗			↘			
6	193		↗			↘			
7	194		↗			↘			
8	196		↗	↘	↘				
9	185		↗			└			
10	188		↗			↘			
11	186		↗			└			
12	187		↗			○			
13	182		↗			└			
14	202		↗			└			
15	192		↗			└			
○<			95 m				>◎		
Coures Close 19:30									

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