Parliament Hill guide

This is a guide to assist with the setting up of the course for the annual LUCA Cross-Country race at Parliament Hill. You will find the map below as well as points on what3words (https://what3words.com/trick.maps.mess) to help guide you round the course as you set it up. You may find it more helpful to view what3words in satellite view.

General advice for setting up the course

1. Do the course before the day of setting it up. It is extremely important to be familiar with the course and even more important to identify if there might be any issues with the course. It is also helpful to clear the course, especially in wooded areas and on narrows paths.
2. Leave yourself plenty of time before the start time to set up the course. Ideally, the course should be marked out with the flags by the time athletes arrive for their warm ups.
3. Please use the big LUCA feather flags to mark the start and ensure that they are sufficiently far apart so that c.30 athletes can be at the front on the start line.
4. Ensure that at least one flag is visible from another. Whenever you put a flag down, make sure you can see the one before it. If you can’t, you have gone too far!
5. At corners, use more flags to clearly mark out the contours of the corner.
6. Where a part of the course could be ambiguous (e.g. because there are numerous paths or one part of the course is close to another), use more flags.

The course

A map of a park

Description automatically generated

Start: common.reply.swan

1) analogy.sank.under

2) crowd.races.scars

3) legs.glad.verbs

4) trunk.flip.scar

5) plug.hunt.traps

6) trips.sage.eagle

7) poster.ledge.dive

8) funny.funds.edgy

9) dine.popped.grin

10) never.drag.hers

11) brief.vanish.pine

12) priced.rising.gone

13) burns.oppose.custom

14) circle.photo.resort

15) boost.appear.visits

16) start.reds.awake

17) intend.tags.remote

18) fame.future.wing

19) tame.wings.decide

20) organ.risky.spends

21) prep.pulse.guards

22) design.relay.milk

23) test.wider.direct

24) repay.summer.scuba

25) gained.risk.twig

26) vouch.rocket.alert

27) hers.jump.judges

28) listed.models.tribune

29) hooked.editor.smug

30) crazy.bake.square

31) reveal.until.figure

32) field.asset.pouch

33) frosted.wizard.bugs

34) logic.sport.note

35) ritual.ground.sport

36) bags.critic.codes

37) places.clear.clever

38) sung.civic.desks

39) hours.skin.bills

40) agreed.limp.minds

41) status.mostly.listed

42) soap.quite.wizard

Finish (after 41): sugar.wins.signal