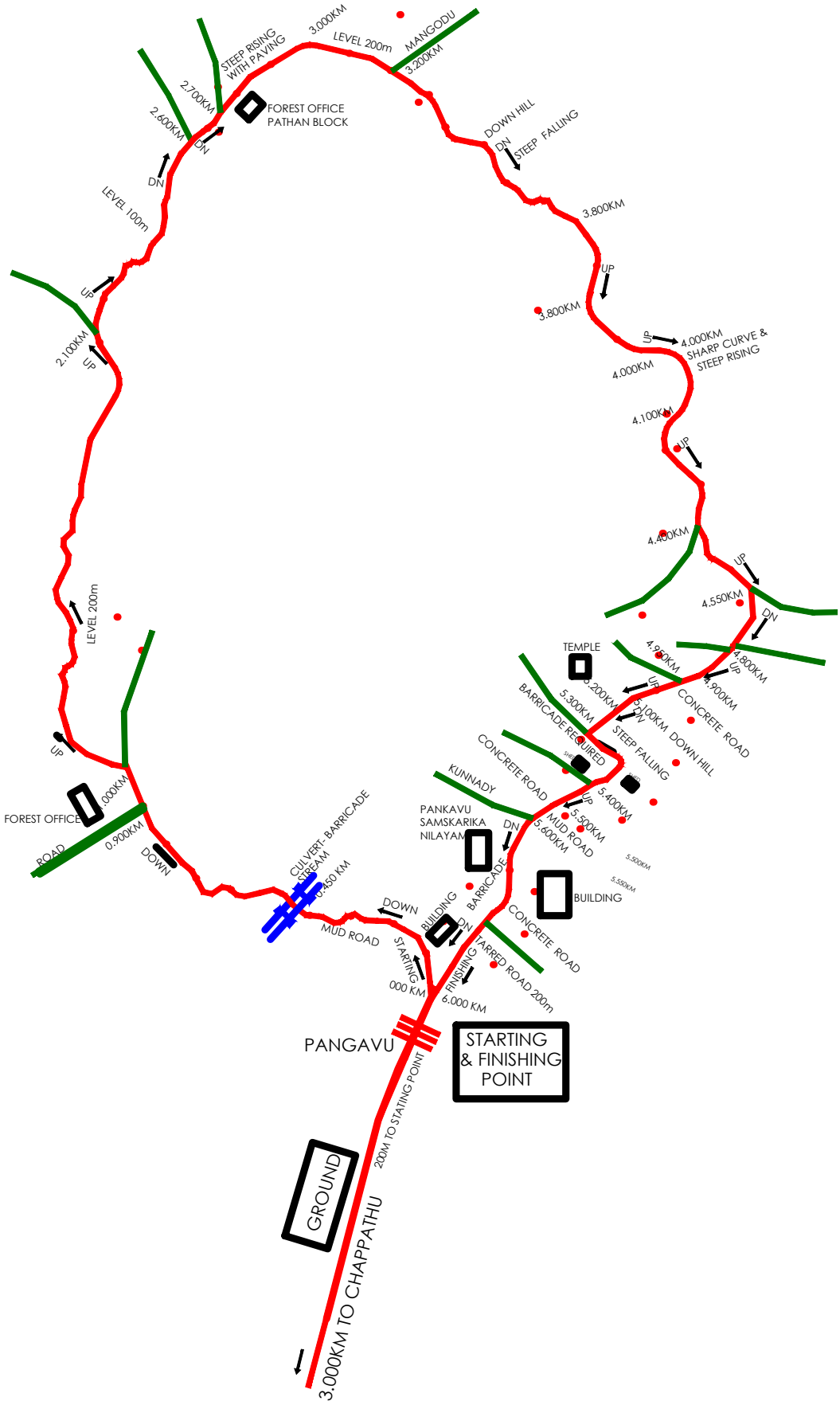CROSS COUNTRY COURSE LAYOUT AT KOTTOOR - PANGAVU FOREST AREA