

Klets Day 1

ALL controls must be visited in ANY order
Check code numbers to avoid disqualification

Code	Grid Reference	Description	Closes
Start	193 148		
Follow tapes through farm to gates at either 189 147 or 195 145			
100	164 144	E most Spur, 690m	13:00
102	183 132	Shallow Reentrant, 420m	
104	094 116	Crag Foot	16:00
110	151 076	Marsh	
112	079 114	Stream Junction	16:00
118	111 136	Boat How	15:00
120	132 081	NE Stream, 510m	
122	159 090	Pond	19:00
124	141 060	Sheepfold	
126	121 133	Fence Corner	15:00

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Klets Day 2

ALL controls must be visited in ANY order,
except for 108 which must be your last control

Check code numbers to avoid disqualification

Code	Grid Reference	Description	Closes
Start	142 057		
105	191 138	E Most Stream, 210m	
106	210 123	Pond	15:30
109	149 117	Knoll	13:30
113	218 129	Knoll	15:30
116	145 091	Between the Ponds	10:30
119	156 124	Knoll	13:30
121	141 071	Sheepfold	10:00
123	173 107	Sheepfold	13:30
108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Scaffell Day 1

Distance 24.7 Km

Climb 1625 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		193 148		
Follow tapes through farm to gates at either 189 147 or 195 145				
1	100	164 144	E most Spur, 690m	13:00
2	126	121 133	Fence Corner	15:00
3	118	111 136	Boat How	15:00
Use crossing point at either 101 135 or 104 133				
4	112	079 114	Stream Junction	16:00
5	117	084 110	Marsh, NW End	16:30
6	111	135 097	Sheepfold	18:30
7	122	159 090	Pond	19:00
8	110	151 076	Marsh	
9	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Scaffell Day 2

Distance 18.6 Km

Climb 1185 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		142 057		
1	114	134 065	N most Knoll	10:00
2	120	132 081	NE Stream, 510m	11:00
3	109	149 117	Knoll	13:30
4	103	183 135	Marsh, SE Side	15:30
5	106	210 123	Pond	15:30
6	113	218 129	Knoll	15:30
7	105	191 138	E Most Stream, 210m	
8	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Bowfell Day 1

Distance 23.5 Km

Climb 1365 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
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Start 193 148

Follow tapes through farm to gates at either 189 147 or 195 145

1	101	160 149	White Pike	13:00
2	126	121 133	Fence Corner	15:00
3	118	111 136	Boat How	15:00

Use crossing point at either 101 135 or 104 133

4	112	079 114	Stream Junction	16:00
5	117	084 110	Marsh, NW End	16:30
6	116	145 091	Between the Ponds	
7	110	151 076	Marsh	
8	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Bowfell Day 2

Distance 17.8 Km

Climb 1135 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
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Start 142 057

1	121	141 071	Sheepfold	10:00
2	120	132 081	NE Stream, 510m	11:00
3	119	156 124	Knoll	13:30
4	102	183 132	Shallow Reentrant, 420m	15:30
5	106	210 123	Pond	15:30
6	113	218 129	Knoll	15:30
7	125	196 137	Sheepfold	
8	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Kirkfell Day 1

Distance 22.2 Km

Climb 1255 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
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Start 193 148

Follow tapes through farm to gates at either 189 147 or 195 145

1	100	164 144	E most Spur, 690m	13:00
2	126	121 133	Fence Corner	15:00
3	118	111 136	Boat How	15:00

Use crossing point at either 101 135 or 104 133

4	117	084 110	Marsh, NW End	16:30
5	116	145 091	Between the Ponds	
6	121	141 071	Sheepfold	
7	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Kirkfell Day 2

Distance 16.1 Km

Climb 1150 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
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Start 142 057

1	114	134 065	N most Knoll	10:00
2	120	132 081	NE Stream, 510m	11:00
3	115	171 094	Stream, 495m	12:00
4	113	218 129	Knoll	15:30
5	107	204 133	Mine Building	15:45
6	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Carrock Fell Day 1

Distance 20.3 Km

Climb 1245 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		193 148		
Follow tapes through farm to gates at either 189 147 or 195 145				
1	101	160 149	White Pike	13:00
2	126	121 133	Fence Corner	15:00
3	118	111 136	Boat How	15:00

Use crossing point at either 101 135 or 104 133

4	104	094 116	Crag Foot	16:00
5	111	135 097	Sheepfold	18:30
6	114	134 065	N most Knoll	
7	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Carrock Fell Day 2

Distance 13.1 Km

Climb 1145 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		142 057		
1	121	141 071	Sheepfold	10:00
2	115	171 094	Stream, 495m	12:00
3	106	210 123	Pond	15:30
4	107	204 133	Mine Building	15:45
5	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Harter Fell Day 1

Distance 16.5 Km

Climb 1055 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		193 148		
Follow tapes through farm to gates at either 189 147 or 195 145				
1	113	218 129	Knoll	
2	123	173 107	Sheepfold	
3	115	171 094	Stream, 495m	
4	120	132 081	NE Stream, 510m	
5	121	141 071	Sheepfold	
6	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Harter Fell Day 2

Distance 12.1 Km

Climb 1020 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		142 057		
1	110	151 076	Marsh	10:30
2	109	149 117	Knoll	13:30
3	103	183 135	Marsh, SE Side	15:30
4	105	191 138	E Most Stream, 210m	
5	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Wansfell Day 1

Distance 13.5 Km

Climb 975 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		193 148		
Follow tapes through farm to gates at either 189 147 or 195 145				
1	106	210 123	Pond	
2	123	173 107	Sheepfold	
3	122	159 090	Pond	19:00
4	121	141 071	Sheepfold	
5	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Wansfell Day 2

Distance 12.9 Km

Climb 880 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		142 057		
1	120	132 081	NE Stream, 510m	11:00
2	119	156 124	Knoll	13:30
3	102	183 132	Shallow Reentrant, 420m	15:30
4	125	196 137	Sheepfold	
5	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN

Bedafell Day 1

Distance 13.5 Km

Climb 975 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		193 148		
Follow tapes through farm to gates at either 189 147 or 195 145				
1	106	210 123	Pond	
2	123	173 107	Sheepfold	
3	122	159 090	Pond	19:00
4	121	141 071	Sheepfold	
5	124	141 060	Sheepfold	

Follow tapes 400m to finish at 141 055

Course closes at 20:00 hours - YOU MUST BE BACK BEFORE THEN

Bedafell Day 2

Distance 12.9 Km

Climb 880 m

All controls must be visited in the order given
Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		142 057		
1	120	132 081	NE Stream, 510m	11:00
2	119	156 124	Knoll	13:30
3	102	183 132	Shallow Reentrant, 420m	15:30
4	125	196 137	Sheepfold	
5	108	195 143	SE Wall Corner	

Follow tapes 600m to finish at 193 148

Course closes at 16:00 hours - YOU MUST BE BACK BEFORE THEN