

Klets

Day 1

ALL controls must be visited in **ANY** order, except for 126 which must be your last control. Check code numbers to avoid disqualification.

Control	Grid Reference	Description	Close
Start	404 156	E Crag Top	
109	455 098	Stream Junction	
113	483 099	Reentrant 630m (Dry Stream)	18:30
	155		
	460	Stream Source	
120			
124	477 104	Crag, SE End	18:30
	134		
125	501	N Knoll, N Foot	
	171		
131	413	Stream 495m	
132	449 178	Stream Bend	
135	421 186	Marsh SE End	
142	482 107	Boulder	18:30
145	498 103	Large Knoll East End	19:00
	146		
150	455	Sheepfold	
153	472 148	Stream Source	18:30
155	400 177	Stream 420m	
126	516 151	Crossing Point	
	Follow Tapes 1100m to Finish at		
Finish	509 156	Gate	

Course closes at 20:00 hours
YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Klets

Day 2

ALL controls must be visited in **ANY** order, except for 103 which must be your last control. Check code numbers to avoid disqualification.

Control	Grid Reference	Description	Close
Start	509 156	Gate	
	Follow Tapes 800m to Crossing Point at 509 161, then		
105	417	149 Reentrant	
		133 W most	
	434	Reentrant	
107		Top	
112	435	119 Reentrant	
		171 Stream	
119	464	Bend	11:30
		168 Knoll N	
122	444	Side	14:00
140	411	138 Knoll	
143	468	178 Sheepfold	11:30
144	490	167 Cairn	
103	397	164 SE Wall Corner	
	Follow Tapes 200m to Finish		

Course closes at 16:00 hours
YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Scafell

Day 1

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

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	146	408 179	Crag Foot	
2	158	415 186	Reentrant, E Facing	

Scafell

Day 2

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

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
	Follow Tapes 800m to Crossing Point at 509 161, then			
1	119	464 171	Stream Bend	11:30

3	156	460 174	Stream Junction	
4	120	460 155	Stream Source	
5	121	456 137	Cairn, Low Raise	16:00
6	109	455 098	Stream Junction	
7	111	466 091	Stream Junction	18:00
8	124	477 104	Crag, SE End	18:30
9	125	501 134	N Knoll, N Foot	
10	126	516 151	Crossing Point	

Follow Tapes 1100m to Finish at

Finish	509 156	Gate	
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Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Bowfell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 24.4 Km Height 1335 m

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	155	400 177	Stream 420m	
2	146	408 179	Crag Foot	
3	148	429 163	Path/ Wall Junction	
4	149	465 192	Stream Bend 525m	
5	154	464 210	Cairn	
6	137	481 204	Large Knoll NE Side	
7	104	469 166	Sheepfold	
8	153	472 148	Stream Source	18:30
9	144	490 167	Cairn	

Navigate to Crossing Point at 509 161, then Follow Tapes 800m to Finish at

Finish	509 156	Gate	
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Course closes at 20:00 hours

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Kirkfell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 22.7 Km Height 1185 m

2	137	481 204	Large Knoll NE Side	12:30
3	136	459 207	SE Cairn	13:00
4	122	444 168	Knoll N Side	14:00
5	131	413 171	Stream 495m	
6	155	400 177	Stream 420m	
7	103	397 164	SE Wall Corner	

Follow Tapes 200m to Finish

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Bowfell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 19.2 Km Height 915 m

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
Follow Tapes 1100m to				
1	126	516 151	Crossing Point	
2	125	501 134	N Knoll, N Foot	
3	127	491 134	Knoll	
4	142	482 107	Boulder	11:30
5	151	441 097	Sheepfold	13:30
6	140	411 138	Knoll	
7	106	410 141	Knoll	
8	103	397 164	SE Wall Corner	

Follow Tapes 200m to Finish

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Kirkfell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 18.3 Km Height 900 m

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	133	403 174	SW Pond	
2	134	408 187	Reentrant 375m	
3	135	421 186	Marsh SE End	
4	132	449 178	Stream Bend	
5	136	459 207	SE Cairn	
6	137	481 204	Large Knoll NE Side	
7	118	471 154	Stream 525m	
8	153	472 148	Stream Source	18:30
9	117	493 163	Marsh South End	
Navigate to Crossing Point at 509 161, then Follow Tapes 800m to Finish at				
Finish		509 156	Gate	

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Carrock Fell

Day 1

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

Distance 19.4 Km Height 1065 m

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	106	410 141	Knoll	
2	112	435 119	Reentrant	
3	109	455 098	Stream Junction	
4	145	498 103	Large Knoll East End	
5	159	487 122	Cairn	18:30
6	116	513 144	Reentrant	
7	126	516 151	Crossing Point	
Follow Tapes 1100m to Finish at				
Finish		509 156	Gate	

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Harter Fell

Day 1

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

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
Follow Tapes 1100m to Crossing Point at 516 151, then				
1	116	513 144	Reentrant	
2	159	487 122	Cairn	
3	114	484 102	Between The Ponds	11:30
4	138	442 106	Stream Source	14:00
5	139	416 136	Cairn, Brock Crag	
6	103	397 164	SE Wall Corner	
Follow Tapes 200m to Finish				

Course closes at 16:00 hours

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Carrock Fell

Day 2

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

Distance 15.4 Km Height 810 m

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
Follow Tapes 800m to Crossing Point at 509 161, then				
1	108	484 167	Stream Junction	
2	104	469 166	Sheepfold	11:30
3	149	465 192	Stream Bend 525m	12:30
4	132	449 178	Stream Bend	14:00
5	147	432 183	Track/ Road Junction	14:30
6	155	400 177	Stream 420m	
7	103	397 164	SE Wall Corner	
Follow Tapes 200m to Finish				

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Harter Fell

Day 2

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

Distance 17.3 Km Height 810 m

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	105	417 149	Reentrant	
2	107	434 133	W most Reentrant Top	
3	110	471 094	E most Crag foot	
4	142	482 107	Boulder	18:30
5	115	510 142	S most Knoll	
6	126	516 151	Crossing Point	
Follow Tapes 1100m to Finish at				
Finish		509 156	Gate	

Course closes at 20:00 hours
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Wansfell / Bedafell Day 1

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

Distance 14.3 Km Height 735 m

Control	Code	Grid Reference	Description	Close
Start		404 156	E Crag Top	
1	139	416 136	Cairn, Brock Crag	
2	107	434 133	W most Reentrant Top	
3	128	448 134	Cairn, High Raise	16:00
4	141	477 155	Path Bend	18:30
5	152	470 158	Tree at Waterfall	19:00
6	108	484 167	Stream Junction	
Navigate to Crossing Point at 509 161, then Follow Tapes 800m to Finish at				
Finish		509 156	Gate	

Course closes at 20:00 hours

Distance 13.3 Km Height 765 m

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
Follow Tapes 800m to Crossing Point at 509 161, then				
1	117	493 163	Marsh South End	
2	119	464 171	Stream Bend	11:30
3	122	444 168	Knoll N Side	14:00
4	147	432 183	Track/ Road Junction	14:30
5	155	400 177	Stream 420m	
6	103	397 164	SE Wall Corner	
Follow Tapes 200m to Finish				

Course closes at 16:00 hours
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Wansfell / Bedafell Day 2

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

Distance 12.5 Km Height 720 m

Control	Code	Grid Reference	Description	Close
Start		509 156	Gate	
Follow Tapes 800m to Crossing Point at 509 161, then				
1	144	490 167	Cairn	
2	120	460 155	Stream Source	12:30
3	122	444 168	Knoll N Side	14:00
4	123	418 157	Large Reentrant 495m	
5	103	397 164	SE Wall Corner	
Follow Tapes 200m to Finish				

Course closes at 16:00 hours
YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING