

Klets Day 1

ALL controls must be visited in ANY order,
except for 101 which must be your last control

Check code numbers to avoid disqualification

Code	Grid Reference	Description	Closes
Start	322 207	N Stream / Wall Junction	
103	351 135	Stream Bend	17:00
107	354 195	Stream Junction	
111	336 143	Stream Junction	15:00
115	382 204	W most Cairn	
118	335 200	Sheepfold	
125	364 182	Knoll	
127	329 165	Sheepfold	
129	336 107	Spur (465m)	16:00
131	360 127	NE Reentrant Top	16:30
132	345 177	SE most Buidling	
101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

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 106 which must be your last control

Check code numbers to avoid disqualification

Code	Grid Reference	Description	Closes
Start	371 207	Stream / Track Junction	
Either	Follow BLUE tapes to gate at 373 213		
Or	Follow GREEN tapes to gate at 369 208		
Or	Follow ORANGE tapes to gate at 372 202		
100	349 222	Sheepfold	14:45
110	339 229	White Pike	15:15
112	352 175	Ruin	14:30
114	327 212	Sheepfold	15:45
120	337 186	Stream Source	15:00
122	362 198	Stream Source	13:30
123	330 232	Knoll	15:15
124	346 163	Stream Junction	13:30
134	363 170	Knoll	13:00
135	365 214	Reeentant	13:30
136	347 190	S Stream Junction	14:30
106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

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

Scafell Day 1

Distance 25.8 Km Climb 1575 m

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

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	136	347 190	S Stream Junction	

Scafell Day 2

Distance 19.9 Km Climb 945 m

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

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Either	Follow GREEN tapes to gate at 369 208			

2	132	345 177	SE most Buidling	
3	127	329 165	Sheepfold	
4	111	336 143	Stream Junction	15:00
5	129	336 107	Spur (465m)	16:00
6	131	360 127	NE Reentrant Top	16:30
7	103	351 135	Stream Bend	17:00
8	125	364 182	Knoll	
9	115	382 204	W most Cairn	
10	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Or Follow ORANGE tapes to gate at 372 202

1	107	354 195	Stream Junction	10:00
2	130	354 162	Crag Foot	12:00
3	138	343 160	N Ruin	13:00
4	105	334 175	Sheepfold	
5	118	335 200	Sheepfold	
6	117	359 214	Stream Source	14:15
7	110	339 229	White Pike	15:15
8	123	330 232	Knoll	
9	114	327 212	Sheepfold	15:45
10	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Bowfell Day 1

Distance 21.7 Km

Climb 1515 m

All controls must be visited in the order given

Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	136	347 190	S Stream Junction	
2	105	334 175	Sheepfold	
3	111	336 143	Stream Junction	15:00
4	113	341 115	Reentrant	16:00
5	128	357 125	Reentrant	16:30
6	130	354 162	Crag Foot	
7	108	374 198	Sheepfold	
8	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

Bowfell Day 2

Distance 17.1 Km

Climb 915 m

All controls must be visited in the order given

Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Follow BLUE tapes to gate at 373 213				
1	121	373 214	W Knoll - Low How	10:00
2	135	365 214	Reeentant	
3	112	352 175	Ruin	
4	138	343 160	N Ruin	13:00
5	127	329 165	Sheepfold	14:30
6	119	343 219	Sheepfold	15:15
7	114	327 212	Sheepfold	15:45
8	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

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

Kirkfell Day 1

Distance 19.6 Km Climb 1425 m

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

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	118	335 200	Sheepfold	
2	127	329 165	Sheepfold	
3	116	341 127	Stream (675m)	15:30
4	103	351 135	Stream Bend	17:00
5	130	354 162	Crag Foot	
6	115	382 204	W most Cairn	
7	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

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

Carrock Fell Day 1

Distance 18.8 Km Climb 1185 m

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

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

Kirkfell Day 2

Distance 15.3 Km Climb 900 m

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

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Either	Follow BLUE tapes to gate at 373 213			
Or	Follow GREEN tapes to gate at 369 208			
1	135	365 214	Reentant	
2	117	359 214	Stream Source	
3	134	363 170	Knoll	
4	124	346 163	Stream Junction	13:30
5	132	345 177	SE most Buidling	
6	137	342 214	Stream Junction	15:15
7	114	327 212	Sheepfold	15:45
8	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

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

Carrock Fell Day 2

Distance 14.6 Km Climb 705 m

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

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	104	322 200	Knoll	
2	120	337 186	Stream Source	
3	127	329 165	Sheepfold	
4	111	336 143	Stream Junction	15:00
5	139	351 124	Crag Foot, NE End	
6	126	352 140	NW Knoll	17:00
7	130	354 162	Crag Foot	
8	122	362 198	Stream Source	
9	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Harter Fell Day 1

Distance 15.7 Km

Climb 1140 m

All controls must be visited in the order given

Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	133	328 217	Stream Source	11:30
2	137	342 214	Stream Junction	
3	130	354 162	Crag Foot	
4	134	363 170	Knoll	
5	117	359 214	Stream Source	
6	121	373 214	W Knoll - Low How	

Navigate to gate at 373 213 then follow tapes 700m to finish at 371 208

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Follow ORANGE tapes to gate at 372 202				
1	115	382 204	W most Cairn	10:00
2	125	364 182	Knoll	11:30
3	118	335 200	Sheepfold	
4	100	349 222	Sheepfold	14:45
5	110	339 229	White Pike	15:15
6	114	327 212	Sheepfold	15:45
7	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Harter Fell Day 2

Distance 14.1 Km

Climb 675 m

All controls must be visited in the order given

Check code numbers to avoid disqualification

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Follow ORANGE tapes to gate at 372 202				
1	115	382 204	W most Cairn	10:00
2	138	343 160	N Ruin	13:00
3	127	329 165	Sheepfold	14:30
4	120	337 186	Stream Source	15:00
5	104	322 200	Knoll	15:45
6	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Wansfell Day 1

Distance 15.7 Km Climb 935 m

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

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	114	327 212	Sheepfold	
2	102	326 220	Jim's Fold	11:30
3	110	339 229	White Pike	
4	119	343 219	Sheepfold	
5	124	346 163	Stream Junction	
6	130	354 162	Crag Foot	
7	108	374 198	Sheepfold	
8	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

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

Bedafell Day 1

Distance 15.7 Km Climb 935 m

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

Control	Code	Grid Reference	Description	Closes
Start		322 207	N Stream / Wall Junction	
1	114	327 212	Sheepfold	

Wansfell Day 2

Distance 12.6 Km Climb 500 m

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

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Follow BLUE tapes to gate at 373 213				
1	121	373 214	W Knoll - Low How	10:00
2	117	359 214	Stream Source	
3	112	352 175	Ruin	
4	105	334 175	Sheepfold	14:30
5	118	335 200	Sheepfold	15:15
6	104	322 200	Knoll	15:45
7	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

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

Bedafell Day 2

Distance 12.6 Km Climb 500 m

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

Control	Code	Grid Reference	Description	Closes
Start		371 207	Stream / Track Junction	
Follow BLUE tapes to gate at 373 213				

2	102	326 220	Jim's Fold	11:30
3	110	339 229	White Pike	
4	119	343 219	Sheepfold	
5	124	346 163	Stream Junction	
6	130	354 162	Crag Foot	
7	108	374 198	Sheepfold	
8	101	372 202	SE Fence / Stream Junction	

Follow tapes 600m to finish at 371 208

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

1	121	373 214	W Knoll - Low How	10:00
2	117	359 214	Stream Source	
3	112	352 175	Ruin	
4	105	334 175	Sheepfold	14:30
5	118	335 200	Sheepfold	15:15
6	104	322 200	Knoll	15:45
7	106	322 207	N Stream / Wall Junction	

Follow tapes 300m to finish at 320 207

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING