

Klets

Day 1

ALL controls must be visited in ANY order, except for 111 which must be your last control. Check code numbers to avoid disqualification.

Distance 28.4 Km Height 1380 m

Control	Grid Reference	Description	Close
100	293 982	Start Day 1 Track Junction	
162	193 989	Boulder	
155	196 015	Ruin North most	18:00
112	196 033	Pond	
109	199 047	Sheepfold	
126	199 996	Stream Junction	
104	200 990	Rocky Knoll	
106	214 036	Knoll South West most	
117	214 044	Reentrant	17:00
160	240 038	Sheepfold	17:00
124	256 036	Pond West end	15:30
133	258 030	Split Boulder 4m x 4m	
142	283 040	Pond between Knolls	14:30
121	288 990	Northern Tower	
111	227 976	Crag 10m foot	
Follow taped route 1400m to Finish at			
102	234 964	Finish Day 1	

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

If retiring to anywhere other than the day 1 Finish you must ring 01229 716840 so we know you are safely off the hill!

Klets

Day 2

ALL controls must be visited in ANY order, except for 158 which must be your last control. Check code numbers to avoid disqualification.

Distance 22.6 Km Height 1410 m

Control	Grid Reference	Description	Close
101	234 964	Start Day 2	
125	249 951	Knoll	
127	254 957	Pond	
128	264 007	Rocky Knoll	14:00
137	274 983	Stream/ Tarn Junction	
139	279 961	Mine Entrance	
151	286 979	Knoll West most	
147	287 021	Stream Bend	
150	297 999	Stream Source	
152	303 001	Rocky Knoll	
158	297 969	Gate	
Follow taped route 600m to road crossing			
Then taped route 300m to finish at			
103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077
 Course closes at 16:00 hours
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Scafell

Day 1

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

Distance 24.9 Km Height 1530 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	

Scafell

Day 2

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

Distance 21.1 Km Height 1035 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	

1	144	284 992	Mine Entrance	
2	141	282 038	Sheepfold	15:00
3	107	212 053	Knoll	17:00
4	109	199 047	Sheepfold	
5	112	196 033	Pond	
6	123	192 015	Knoll	18:00
7	104	200 990	Rocky Knoll	
8	111	227 976	Crag 10m foot	
Follow Taped route 1400m to Finish at				
9	102	234 964	Finish Day 1	

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Emergency Phone number 07711667077

Follow Tapes 1400m to Stepping Stones

1	111	227 976	Crag 10m foot	
2	156	223 007	Boulder South most	
3	122	247 034	Platform/ Spur	12:30
4	143	284 008	Pond dry	14:30
5	137	274 983	Stream/ Tarn Junction	
6	110	266 970	Boulder 4m North most	15:00
7	139	279 961	Mine Entrance	
8	158	297 969	Gate	

Follow taped route 600m to road crossing

Then taped route 300m to finish at

9	103	303 973	Finish Day 2 - School	
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Emergency Phone number 07711667077

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Bowfell

Day 1

All controls must be visited in the order given.

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Distance 22.4 Km Height 1260 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	150	297 999	Stream Source	
2	154	273 035	Boulder 5m x 3m	15:00
3	117	214 044	Reentrant	17:00
4	106	214 036	Knoll South West most	
5	155	196 015	Ruin North most	18:00
6	126	199 996	Stream Junction	
7	111	227 976	Crag 10m foot	
Follow Taped route 1400m to Finish at				
8	102	234 964	Finish Day 1	

Emergency Phone number 07711667077

Course closes at 20:00 hours

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Bowfell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 18.6 Km Height 1065 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
Follow Tapes 1400m to Stepping Stones				
1	111	227 976	Crag 10m foot	
2	108	221 003	Crag 50m foot	
3	116	235 029	Knoll West most	12:00
4	133	258 030	Split Boulder 4m x 4m	13:00
5	121	288 990	Northern Tower	15:30
6	151	286 979	Knoll West most	
7	146	287 966	Pond	
8	158	297 969	Gate	
Follow taped route 600m to road crossing				
Then taped route 300m to finish at				
9	103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077

Course closes at 16:00 hours

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Kirkfell

Day 1

All controls must be visited in the order given.
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Distance 19.2 Km Height 1305 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	138	276 997	Ruin	
2	147	287 021	Stream Bend	
3	142	283 040	Pond between Knolls	14:30
4	136	272 036	Knoll West most	15:00
5	145	258 035	Spur	15:30
6	130	262 967	Tarn South Side	
7	119	247 961	Ruin near track junction	
8	115	240 962	Crag 30m foot	
			Follow Taped route 700m to Finish at	
9	102	234 964	Finish Day 1	

Emergency Phone number 07711667077

Course closes at 20:00 hours

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Carrock Fell

Day 1

All controls must be visited in the order given.
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Distance 16.9 Km Height 1005 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	153	297 986	Stream Bend Between Knolls	
2	124	256 036	Pond West end	15:30
3	160	240 038	Sheepfold	17:00
4	114	228 023	Pinnacle East side	
5	108	221 003	Crag 50m foot	
6	111	227 976	Crag 10m foot	

Kirkfell

Day 2

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

Distance 17.5 Km Height 1020 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
			Follow Tapes 1400m to Stepping Stones	
1	111	227 976	Crag 10m foot	
2	113	227 011	Pond West end	
3	114	228 023	Pinnacle East side	12:00
4	157	247 032	Crag 30m base East end	12:30
5	132	273 022	Path Bend	
6	144	284 992	Mine Entrance	15:00
7	148	292 978	Knoll North most	
8	158	297 969	Gate	
			Follow taped route 600m to road crossing	
			Then taped route 300m to finish at	
9	103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077

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 14.7 Km Height 1065 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
1	118	249 955	Summit Cairn	
2	130	262 967	Tarn South Side	12:00
3	134	266 999	South Stream Junction	13:30
4	143	284 008	Pond dry	14:30
5	151	286 979	Knoll West most	
6	146	287 966	Pond	

7 **Follow Taped route 1400m to Finish at**
 102 234 964 Finish Day 1

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7 158 297 969 Gate
Follow taped route 600m to road crossing
Then taped route 300m to finish at
 8 103 303 973 Finish Day 2 - School

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Harter Fell Day 1

All controls must be visited in the order given.
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Distance 16.2 Km Height 870 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	144	284 992	Mine Entrance	
2	132	273 022	Path Bend	
3	129	259 026	Waterfall 3m (375m)	16:00
4	160	240 038	Sheepfold	17:00
5	116	235 029	Knoll West most	
6	113	227 011	Pond West end	
7	111	227 976	Crag 10m foot	
Follow Tapes 1400m to Finish at				
8	102	234 964	Finish Day 1	

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Wansfell Day 1

All controls must be visited in the order given.
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Distance 13.7 Km Height 900 m

Harter Fell Day 2

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

Distance 14.7 Km Height 795 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
1	125	249 951	Knoll	
2	110	266 970	Boulder 4m North most	15:00
3	105	268 002	Stream Source in Gully	14:00
4	140	279 005	Stream Junction	
5	161	277 993	North most Tarn inflow	14:30
6	146	287 966	Pond	
7	158	297 969	Gate	
Follow taped route 600m to road crossing				
Then taped route 300m to finish at				
8	103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077
 Course closes at 16:00 hours
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Wansfell Day 2

All controls must be visited in the order given.
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Distance 11.6 Km Height 675 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	152	303 001	Rocky Knoll	
2	149	296 017	East Summit	
3	143	284 008	Pond dry	
4	135	273 999	Summit Cairn	16:30
5	128	264 007	Rocky Knoll	
6	131	244 986	Sheepfold	
7	120	247 977	Boulder North most	
Navigate to Gate at 239968 then follow taped route 700m to Finish				
8	102	234 964	Finish Day 1	

Emergency Phone number 07711667077

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
1	119	247 961	Ruin near track junction	
2	130	262 967	Tarn South Side	12:00
3	138	276 997	Ruin	14:30
4	144	284 992	Mine Entrance	15:00
5	146	287 966	Pond	
6	158	297 969	Gate	
Follow taped route 600m to road crossing				
Then taped route 300m to finish at				
7	103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077

Course closes at 16:00 hours

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Bedafell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 13.7 Km Height 900 m

Control	Code	Grid Reference	Description	Close
Start	100	293 982	Start Day 1 Track Junction	
1	152	303 001	Rocky Knoll	
2	149	296 017	East Summit	
3	143	284 008	Pond dry	
4	135	273 999	Summit Cairn	16:30
5	128	264 007	Rocky Knoll	
6	131	244 986	Sheepfold	
7	120	247 977	Boulder North most	
Navigate to Gate at 239968 then follow taped route 700m to Finish				
8	102	234 964	Finish Day 1	

Emergency Phone number 07711667077

Course closes at 20:00 hours

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Bedafell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 11.6 Km Height 675 m

Control	Code	Grid Reference	Description	Close
Start	101	234 964	Start Day 2	
1	119	247 961	Ruin near track junction	
2	130	262 967	Tarn South Side	12:00
3	138	276 997	Ruin	14:30
4	144	284 992	Mine Entrance	15:00
5	146	287 966	Pond	
6	158	297 969	Gate	
Follow taped route 600m to road crossing				
Then taped route 300m to finish at				
7	103	303 973	Finish Day 2 - School	

Emergency Phone number 07711667077

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING