

Klets

Day 1

ALL controls must be visited in ANY order,

Check code numbers to avoid disqualification.

Control	Grid Reference	Description	Close
100	553 125	Start Day 1 Slate Hill	
142	445 092	Cairn	18:00
155	452 074	Between Knolls	18:30
158	455 146	Sheepfold	15:00
132	457 087	Gully Top	
152	462 164	Stream gully – 600m	
156	468 087	Stream Bend Northern Most	
131	474 068	Reentrant 570m	
144	490 168	Stream gully – 440m	
137	515 151	Marsh East Side	
159	521 113	Tarn North Side	
134	531 134	Knoll	
154	540 125	Bield (on contour)	
165	541 134	Boulder	
102	480 067	Finish Day 1	

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 115 which must be your last control.

Check code numbers to avoid disqualification.

Control	Grid Reference	Description	Close
101	481 069	Start Day 2	
122	474 099	Gully Top 630m	
157	485 123	Reentrant Marsh – south end	13:30
163	490 119	Knoll	13:30
164	491 134	Knoll Top	13:30
110	492 074	Stream Bend Southern Most	11:00
161	500 060	Stream 450m	
160	502 106	Marsh/ Tarn West end	12:30
123	504 086	Sheepfold	12:30
125	511 069	Between Summit Knolls	11:00
118	515 139	Knoll	
150	520 148	Crag Top	
136	536 131	Waterfall	
104	545 137	Stream Bend	
115	549 125	Wall corner – follow tapes to finish	

Follow tapes 1Km to finish at Event Centre (No navigation required)

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	100	553 125	Start Day 1 Slate Hill	
1	134	531 134	Knoll	
2	137	515 151	Marsh East Side	
3	144	490 168	Stream gully – 440m	
4	145	469 166	Sheepfold South West Corner	
5	158	455 146	Sheepfold	15:00
6	135	440 083	Stream Junction	17:30
7	147	488 095	Stream Junction	
8	123	504 086	Sheepfold	
9	110	492 074	Stream Bend Southern Most	

Use marked crossing points

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	101	481 069	Start Day 2	
1	131	474 068	Reentrant 570m	10:00
2	156	468 087	Stream Bend Northern Most	
3	122	474 099	Gully Top 630m	
4	133	514 093	Hillock top	12:30
5	159	521 113	Tarn North Side	
6	148	489 115	Boulder	13:15
7	130	484 128	Bield	13:30
8	150	520 148	Crag Top	
9	136	536 131	Waterfall	
10	115	549 125	Wall corner – follow tapes to finish	

10 102 480 067 Finish Day 1

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 24.5 Km Height 1220 m

Control	Code	Grid Reference	Description	Close
Start	100	553 125	Start Day 1 Slate Hill	
1	136	536 131	Waterfall	
2	137	515 151	Marsh East Side	
3	119	482 166	Ruin West Side	
4	152	462 164	Stream gully – 600m	
5	158	455 146	Sheepfold	15:00
6	167	440 089	Sheepfold	
7	155	452 074	Between Knolls	18:30
8	156	468 087	Stream Bend Northern Most	
9	109	479 071	Gate, Follow tapes to finish	
10	102	480 067	Finish Day 1	

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Kirkfell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance 22.1 Km Height 1020 m

Control	Code	Grid Reference	Description	Close
Start	100	553 125	Start Day 1 Slate Hill	
1	165	541 134	Boulder	
2	137	515 151	Marsh East Side	
3	138	497 164	Knoll Foot West Side	
4	139	475 169	Southern Tarn (Dry)	
5	162	457 153	Stream Junction	15:00
6	142	445 092	Cairn	18:00
7	143	454 081	Boulder	18:30

Follow tapes 1Km to finish at Event Centre (No navigation required)

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 21.2 Km Height 975 m

Control	Code	Grid Reference	Description	Close
Start	101	481 069	Start Day 2	
1	166	467 070	Stream/ Wall Junction	10:30
2	132	457 087	Gully Top	11:00
3	123	504 086	Sheepfold	12:30
4	160	502 106	Marsh/ Tarn West end	12:30
5	163	490 119	Knoll	13:30
6	164	491 134	Knoll Top	13:30
7	150	520 148	Crag Top	
8	165	541 134	Boulder	
9	115	549 125	Wall corner – follow tapes to finish	

Follow tapes 1Km to finish at Event Centre (No navigation required)

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 19.9 Km Height 855 m

Control	Code	Grid Reference	Description	Close
Start	101	481 069	Start Day 2	
1	110	492 074	Stream Bend Southern Most	10:00
2	125	511 069	Between Summit Knolls	10:30
3	133	514 093	Hillock top	12:30
4	108	482 107	Waterfall	
5	157	485 123	Reentrant Marsh – south end	13:30
6	118	515 139	Knoll	
7	150	520 148	Crag Top	

8 131 474 068 Reentrant 570m
 9 102 480 067 Finish Day 1

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 21.2 Km Height 840 m

Control	Code	Grid Reference	Description	Close
Start	100	553 125	Start Day 1 Slate Hill	
1	154	540 125	Bield (on contour)	
2	127	518 147	Path Junction	
3	128	510 144	Cairn	
4	153	493 124	Fenced Tarn	17:00
5	157	485 123	Reentrant Marsh – south end	
6	107	484 102	Tarn South End	
7	160	502 106	Marsh/ Tarn West end	
8	146	515 071	Sheepfold	
9	161	500 060	Stream 450m	18:00
10	110	492 074	Stream Bend Southern Most	

Use marked crossing points

11 102 480 067 Finish Day 1

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.

Distance 18.8 Km Height 690 m

Control	Code	Grid Reference	Description	Close
Start	100	553 125	Start Day 1 Slate Hill	
1	116	545 134	Rocky Knoll	
2	117	528 134	Cairn	
3	113	526 114	Cairn	
4	112	506 106	Sheepfold	
5	123	504 086	Sheepfold	

8 116 545 134 Rocky Knoll
 9 115 549 125 Wall corner – follow tapes to finish

Follow tapes 1Km to finish at Event Centre (No navigation required)

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Carrock Fell

Day 2

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

Distance 17.6 Km Height 720 m

Control	Code	Grid Reference	Description	Close
Start	101	481 069	Start Day 2	
1	131	474 068	Reentrant 570m	10:30
2	132	457 087	Gully Top	11:00
3	147	488 095	Stream Junction	
4	123	504 086	Sheepfold	12:30
5	117	528 134	Cairn	
6	104	545 137	Stream Bend	
7	115	549 125	Wall corner – follow tapes to finish	

Follow tapes 1Km to finish at Event Centre (No navigation required)

Course closes at 16:00 hours

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Harter Fell

Day 2

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

Distance 16.8 Km Height 675 m

Control	Code	Grid Reference	Description	Close
Start	101	481 069	Start Day 2	
1	120	475 081	Ruined Wall Corner	
2	156	468 087	Stream Bend Northern Most	
3	122	474 099	Gully Top 630m	
4	129	483 111	Sheepfold	
5	128	510 144	Cairn	

6	149	532 064	Stream Bend North East most	17:45
7	151	525 056	Small Island	18:00
8	110	492 074	Stream Bend Southern Most	
Use marked crossing points				
9	102	480 067	Finish Day 1	

Course closes at 20:00 hours

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Wansfell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance	15.2 Km			Height	480 m
Control	Code	Grid Reference	Description	Close	
Start	100	553 125	Start Day 1 Slate Hill		
1	104	545 137	Stream Bend		
2	105	538 141	Marsh North End		
3	106	518 124	Footbridge		
4	159	521 113	Tarn North Side		
5	112	506 106	Sheepfold		
6	114	507 095	Stream Bend	16:00	
7	121	479 101	Cairn western most		
8	124	474 093	Path/ Fence junction		
9	102	480 067	Finish Day 1		

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Bedafell

Day 1

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance	15.2 Km			Height	480 m
Control	Code	Grid Reference	Description	Close	
Start	100	553 125	Start Day 1 Slate Hill		
1	104	545 137	Stream Bend		
2	105	538 141	Marsh North End		
3	106	518 124	Footbridge		

6	127	518 147	Path Junction	13:30
7	134	531 134	Knoll	
8	140	538 115	Track/ Wall junction	
9	141	543 111	Stepping Stones	
10	168	553 112	Wall/ Track Junction	

Follow tapes 1200m to finish at Event Centre (No navigation required)

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Wansfell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance	13.5 Km			Height	540 m
Control	Code	Grid Reference	Description	Close	
Start	101	481 069	Start Day 2		
1	110	492 074	Stream Bend Southern Most	11:00	
2	111	524 073	Crag foot		
3	126	510 100	Path/ Fence junction	12:30	
4	113	526 114	Cairn		
5	140	538 115	Track/ Wall junction		
6	141	543 111	Stepping Stones		
7	168	553 112	Wall/ Track Junction		

Follow tapes 1200m to finish at Event Centre (No navigation required)

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Bedafell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Distance	13.5 Km			Height	540 m
Control	Code	Grid Reference	Description	Close	
Start	101	481 069	Start Day 2		
1	110	492 074	Stream Bend Southern Most	11:00	
2	111	524 073	Crag foot		
3	126	510 100	Path/ Fence junction	12:30	

4	159	521 113	Tarn North Side	
5	112	506 106	Sheepfold	
6	114	507 095	Stream Bend	16:00
7	121	479 101	Cairn western most	
8	124	474 093	Path/ Fence junction	
9	102	480 067	Finish Day 1	

4	113	526 114	Cairn	
5	140	538 115	Track/ Wall junction	
6	141	543 111	Stepping Stones	
7	168	553 112	Wall/ Track Junction	

Follow tapes 1200m to finish at Event Centre (No navigation required)

Course closes at 20:00 hours

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Course closes at 16:00 hours

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