

Klets

Day 1

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

Distance	23.85 Km	Height	2045 m
Control	Grid Reference	Description	Close
100	391 136	Start – Enclosure Eastern Corner	
153	325 124	Bridge	
139	325 174	Rocky Spur foot	
136	327 183	Broken crag, N foot	
120	333 132	Sheepfold	
130	334 175	Sheepfold	
119	336 186	Stream source	
114	342 128	Stream source	
128	344 176	Ski Tow, top	
109	346 117	Stream, 615m contour	
137	346 163	Dam, S side	
126	359 176	Rocky Hill Top, S side	
135	373 166	Shoulder, west part	
144	375 146	Hill top	
111	382 161	S E Hilltop ,N side	
108	383 147	Shoulder, 578m intermediate contour	
101	325 127	Finish – Track	20:00

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

Pillar

Day 1

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

Distance	19.47 Km	Height	1800 m
Control	Grid Reference	Description	Close
100	391 136	Start – Enclosure Eastern Corner	

Klets

Day 2

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

Distance	17.76 Km	Height	1800 m
Control	Grid Reference	Description	Close
102	328 124	Start – Copse East Side	
124	370 122	Crag Foot	14:00
112	374 112	Stream Junction	15:30
107	389 123	Re-entrant	15:45
146	363 124	Sheepfold	14:30
121	360 127	Re-entrant/gully	14:30
116	353 095	Stream Junction	12:00
118	398 133	Stile, N E side	
140	357 133	Stream Junction	12:30
123	343 121	Boulder, 3m high, W side	12:00
152	397 138	Fence Bend, Southern	
122	332 122	Stream, (possibly dry) 495m contour	10:30
138	338 132	E stream bend	11:00
103	398 143	Finish	16:00

Course closes at 16:00 hours
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Pillar

Day 2

ALL controls must be visited in ANY order
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Distance	15.41 Km	Height	1800 m
Control	Grid Reference	Description	Close
102	328 124	Start – Copse East Side	

139	325	174	Rocky Spur foot	
136	327	183	Broken crag, N foot	
130	334	175	Sheepfold	
119	336	186	Stream source	
138	338	132	E stream bend	
114	342	128	Stream source	
137	346	163	Dam, S side	
117	351	175	Old Chimney Base	
135	373	166	Shoulder, west part	
134	379	146	Ruined sheepfold, E side	
154	388	142	Saddle	
153	325	124	Bridge	
101	325	127	Finish – Track	20:00

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122	332	122	Stream, (possibly dry) 495m contour	10:15
120	333	132	Sheepfold	10:45
123	343	121	Boulder, 3m high, W side	11:15
116	353	095	Stream Junction	12:00
121	360	127	Re-entrant/gully	13:15
133	372	119	North most Stream Bend	15:00
112	374	112	Stream Junction	15:30
107	389	123	Re-entrant	15:45
118	398	133	Stile, N E side	
152	397	138	Fence Bend, Southern	
Follow tapes to finish at				
103	398	143	Finish	16:00

Course closes at 16:00 hours
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Bowfell

Day 1

All controls must be visited in the order given
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Distance	22.12 Km	Height	1870 m	
Control	Code	Grid Reference	Description	Close
Start	100	391	136 Start – Enclosure Eastern Corner	
1	144	375	146 Hill top	
2	113	364	143 Mine Level, entrance	
3	117	351	175 Old Chimney Base	
4	127	349	213 Spur, N side	
5	106	325	204 Ruined bield (sheep shelter)	
6	136	327	183 Broken crag, N foot	
7	139	325	174 Rocky Spur foot	
8	110	334	151 Re-entrant, 750m contour	
9	138	338	132 E stream bend	
10	153	325	124 Bridge	
11	101	325	127 Finish – Track	20:00

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

Bowfell

Day 2

All controls must be visited in the order given
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Distance	16.98 Km	Height	1616 m	
Control	Code	Grid Reference	Description	Close
Start	102	328	124 Start – Copse East Side	
1	121	360	127 Re-entrant/gully	10:30
2	112	374	112 Stream Junction	11:00
3	116	353	095 Stream Junction	11:30
4	109	346	117 Stream, 615m contour	14:00
5	107	389	123 Re-entrant	15:45
6	118	398	133 Stile, N E side	
7	152	397	138 Fence Bend, Southern	
Follow tapes to finish at				
8	103	398	143 Finish	16:00

Course closes at 16:00 hours
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Kirkfell

Day 1

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

Distance	20.04 Km	Height	1572 m	
Control	Code	Grid Reference	Description	Close
Start	100	391 136	Start – Enclosure Eastern Corner	
1	134	379 146	Ruined sheepfold, E side	
2	113	364 143	Mine Level, entrance	
3	117	351 175	Old Chimney Base	
4	145	336 200	Ruined Sheepfold	
5	136	327 183	Broken crag, N foot	
6	139	325 174	Rocky Spur foot	
7	142	329 165	Sheepfold	
8	138	338 132	E stream bend	
9	123	343 121	Boulder, 3m high, W side	
11	122	332 122	Stream, (possibly dry) 495m contour	
12	153	325 124	Bridge	
	101	325 127	Finish – Track	20:00

Course closes at 20:00 hours

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Kirkfell

Day 2

All controls must be visited in the order given
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Distance	16.83 Km	Height	1321 m	
Control	Code	Grid Reference	Description	Close
Start	102	328 124	Start – Copse East Side	
1	110	334 151	Re-entrant, 750m contour	10:30
2	137	346 163	Dam, S side	11:00
3	135	373 166	Shoulder, west part	12:00
4	140	357 133	Stream Junction	12:45
5	124	370 122	Crag Foot	14:30
6	107	389 123	Re-entrant	15:45
7	118	398 133	Stile, N E side	
8	152	397 138	Fence Bend, Southern	
			Follow tapes to finish at	
	103	398 143	Finish	16:00

Course closes at 16:00 hours

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Carrock Fell

Day 1

All controls must be visited in the order given
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Distance	20.51 Km	Height	1603 m	
Control	Code	Grid Reference	Description	Close

Carrock Fell

Day 2

All controls must be visited in the order given
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Distance	13.4 Km	Height	1143 m	
Control	Code	Grid Reference	Description	Close

Start	100	391	136	Start – Enclosure Eastern Corner	
1	133	372	119	North most Stream Bend	
2	140	357	133	Stream Junction	
3	135	373	166	Shoulder, west part	
4	126	359	176	Rocky Hill Top, S side	
5	119	336	186	Stream source	
6	136	327	183	Broken crag, N foot	
7	142	329	165	Sheepfold	
8	138	338	132	E stream bend	
9	153	325	124	Bridge	
10	101	325	127	Finish – Track	20:00

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Start	102	328	124	Start – Copse East Side	
1	110	334	151	Re-entrant, 750m contour	10:45
2	128	344	176	Ski Tow, top	11:15
3	111	382	161	S E Hilltop ,N side	12:00
4	154	388	142	Saddle	13:00
5	150	390	135	Sheepfold, NE side (entrance)	15:45
				Follow tapes to finish at	
6	103	398	143	Finish	16:00

Course closes at 16:00 hours

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Harter Fell

Day 1

All controls must be visited in the order given

Check code numbers to avoid disqualification

Distance 17.4 Km Height 1750 m

Control	Code	Grid Reference	Description	Close	
Start	100	391	136	Start – Enclosure Eastern Corner	
1	132	387	140	Stream bend	
2	113	364	143	Mine Level, entrance	
3	126	359	176	Rocky Hill Top, S side	
4	119	336	186	Stream source	
5	123	343	121	Boulder, 3m high, W side	
6	153	325	124	Bridge	
7	101	325	127	Finish – Track	20:00

Course closes at 20:00 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 13.67 Km Height 1138 m

Control	Code	Grid Reference	Description	Close	
Start	102	328	124	Start – Copse East Side	
1	120	333	132	Sheepfold	10:45
2	149	336	143	Stream Junction	11:00
3	142	329	165	Sheepfold	11:30
4	135	373	166	Shoulder, west part	
5	111	382	161	S E Hilltop ,N side	12:30
6	154	388	142	Saddle	15:30
7	150	390	135	Sheepfold, NE side (entrance)	15:45
				Follow tapes to finish at	
8	103	398	143	Finish	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Wansfell

Day 1

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

Distance 18.26 Km Height 1310 m

Control	Code	Grid Reference	Description	Close
Start	100	391 136	Start – Enclosure Eastern Corner	
1	125	385 129	Boulder, 3m, W side	
2	146	363 124	Sheepfold	
3	140	357 133	Stream Junction	
4	111	382 161	S E Hilltop ,N side	
5	126	359 176	Rocky Hill Top, S side	
6	128	344 176	Ski Tow, top	
7	105	341 152	Cairn, 1.5m high	
8	120	333 132	Sheepfold	
9	153	325 124	Bridge	
10	101	325 127	Finish – Track	20:00

Course closes at 20:00 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 12.18 Km Height 1120 m

Control	Code	Grid Reference	Description	Close
Start	102	328 124	Start – Copse East Side	
1	109	346 117	Stream, 615m contour	11:00
2	112	374 112	Stream Junction	11:45
3	133	372 119	North most Stream Bend	12:45
4	143	360 122	20m crag, foot	14:00
5	151	381 144	Hill top	15:30
6	150	390 135	Sheepfold, NE side (entrance)	15:45
Follow tapes to finish at				
7	103	398 143	Finish	

Course closes at 16:00 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 18.26 Km Height 1310 m

Control	Code	Grid Reference	Description	Close
Start	100	391 136	Start – Enclosure Eastern Corner	

Bedafell

Day 2

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

Distance 12.18 Km Height 1120 m

Control	Code	Grid Reference	Description	Close
Start	102	328 124	Start – Copse East Side	

1	125	385	129	Boulder, 3m, W side	
2	146	363	124	Sheepfold	
3	140	357	133	Stream Junction	
4	111	382	161	S E Hilltop ,N side	
5	126	359	176	Rocky Hill Top, S side	
6	128	344	176	Ski Tow, top	
7	105	341	152	Cairn, 1.5m high	
8	120	333	132	Sheepfold	
9	153	325	124	Bridge	
10	101	325	127	Finish – Track	20:00

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

1	109	346	117	Stream, 615m contour	11:00
2	112	374	112	Stream Junction	11:45
3	133	372	119	North most Stream Bend	12:45
4	143	360	122	20m crag, foot	14:00
5	151	381	144	Hill top	15:30
6	150	390	135	Sheepfold, NE side (entrance)	15:45
				Follow tapes to finish at	
7	103	398	143	Finish	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING