

Klets

Day 1

ALL controls must be visited in ANY order.

Check code numbers to avoid disqualification.

Distance	29.0 Km	Height	2440 m
Control	Grid Reference	Description	Close
START	473 228	Path	
109	452 082	Reentrant (shallow - 510m contour)	
111	460 153	Broken crag foot, 3m high	
113	409 144	Small ruin, inside	
115	414 136	Hill top	
117	469 084	Crag foot, 10m high (mine entrance)	
122	435 129	Stream / ruined wall crossing	
130	428 113	Hill top	
134	441 097	Sheepfold, S part	
149	474 099	Reentrant (grassy gully), top (630m contour)	
150	475 169	S Pond (possibly dry), SW side	
152	453 104	Stream (480m contour)	
154	477 151	N Hill, SE side	
158	456 129	Sheepfold, NW corner, inside	
COMPULSORY LAST CONTROL			
118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES			
FINISH	404 146	Track (W of bridge)	

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	25.0 Km	Height	1600 m
Control	Grid Reference	Description	Close
START	473 228	Path	
111	460 153	Broken crag foot, 3m high	
	144		
113	409	Small ruin, inside	
115	414 136	Hill top	

Klets

Day 2

ALL controls must be visited in ANY order.

Check code numbers to avoid disqualification.

Distance	23.0 Km	Height	1035 m
Control	Grid Reference	Description	Close
START	405 146	S Track junction	
106	423 163	Path junction	11.00
108	411 179	Rocky spur, SE side (465m contour)	11.00
114	487 214	Reentrant (70m SW of path junction)	15.30
121	402 172	Marsh, NE edge	11.00
128	412 170	Stream junction	11.00
131	484 229	S Pit	15.30
133	474 218	Spur top	15.30
138	480 205	Hill, SE side	15.00
140	454 201	Reentrant, upper part	15.00
143	470 183	Stream (525m contour)	15.00
145	450 178	Reentrant (40m E of stream)	13.00
COMPULSORY LAST CONTROL			
105	472 229	Stream/Fell wall junction. SE side	15.45
FOLLOW TAPES			
FINISH	469 237	FINISH (Marquee)	16.00

Course closes at 16:00 hours

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Pillar

Day 2

ALL controls must be visited in ANY order.

Check code numbers to avoid disqualification.

Distance	21.8 Km	Height	900 m
Control	Grid Reference	Description	Close
START	405 146	S. Track junction	
106	423 163	Path junction	11.30
	179		
108	411	Rocky spur, SE side (465m contour)	11.30
110	405 177	Stream junction	11.30

122	435 129	Stream / ruined wall crossing
124	421 123	Stream source
132	435 112	E Reentrant, upper part
134	441 097	Sheepfold, S part
141	472 191	Sheepfold, NW corner, inside
152	453 104	Stream (480m contour)
154	477 151	N Hill, SE side
	COMPULSORY LAST CONTROL	
118	404 147	Fell Gate (15m SE of track junction)
	FOLLOW TAPES	
FINISH	404 146	Track (W of Bridge)

Course closes at 20:00 hours
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128	412 170	Stream junction	11.30
133	474 218	Spur top	15.30
139	478 200	NE Stream junction	15.00
140	454 201	Reentrant, upper part	15.00
143	470 183	Stream (525m contour)	15.00
145	450 178	Reentrant (40m E of stream)	13.00
	COMPULSORY LAST CONTROL		
105	472 229	Stream/Fell wall junction. SE side	15.45
	FOLLOW TAPES		
FINISH	469 237	Finish(Marquee)	16.00

Course closes at 16:00 hours
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Bowfell

Day 1

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

Distance 25.7 Km Height 1465 m

Control	Code	Grid Reference	Description	Close
Start	100	473 228	Path	
1	138	480 205	Hill, SE side	
2	155	470 142	Reentrant, upper part	
3	158	456 129	Sheepfold, NW corner, inside	
4	152	453 104	Stream (480m contour)	
5	117	469 084	Crag foot, 10m high (mine entrance)	
6	109	452 082	Reentrant (shallow - 510m contour)	
7	134	441 097	Sheepfold, S part	
8	115	414 136	Hill top	
9	113	409 144	Small ruin, inside	
10	118	404 147	Fell Gate (15m SE of track junction)	
	FOLLOW TAPES			
Finish	101	404 146	Track (W of bridge)	

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.
Check code numbers to avoid disqualification.

Distance 21.3 Km Height 1110 m

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	121	402 172	Marsh, NE edge	10.00
2	128	412 170	Stream junction	10.30
3	145	450 178	Reentrant (40m E of stream)	11.30
4	111	460 153	Broken crag foot, 3m high	12.15
5	150	475 169	S Pond (possibly dry), SW side	13.00
6	137	460 207	Marsh, S edge (50m N of cairn)	14.30
7	116	478 212	Stream bend (just west of index contour)	15.15
8	107	478 226	Ruined fenced enclosure, E side	15.50
9	105	472 229	Stream/Fell wall junction. SE side	
	FOLLOW TAPES			
Finish	103	469 237	FINISH (Marquee)	16.00

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

Kirkfell

Day 1

All controls must be visited in the order given.

Kirkfell

Day 2

All controls must be visited in the order given.

Check code numbers to avoid disqualification.

Control	Code	Grid Reference	Description	Close
Start	100	473 228	Path	
1	116	478 212	Stream bend (just west of index contour)	
2	137	460 207	Marsh, S edge (50m N of cairn)	
3	135	488 165	Marsh, S tip	
4	156	469 139	Sheepfold, S side	
5	130	428 113	Hill top	
6	124	421 123	Stream source	
7	112	414 142	Middle Crag, S foot, 10m high	
8	113	409 144	Small ruin, inside	
9	118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES				
Finish	101	404 146	Track (W of bridge)	

Course closes at 20:00 hours

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Carrock 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	100	473 228	Path	
1	139	478 200	NE Stream junction	
2	146	467 175	Middle stream junction	
3	151	482 166	Ruin, NE corner, inside	
4	158	456 129	Sheepfold, NW corner, inside	
5	130	428 113	Hill top	
6	112	414 142	Middle Crag, S foot, 10m high	
7	113	409 144	Small ruin, inside	
8	118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES				
Finish	101	404 146	Track (W of bridge)	

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Check code numbers to avoid disqualification.

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	110	405 177	Stream junction	10.00
2	128	412 170	Stream junction	10.30
3	150	475 169	S Pond (possibly dry), SW side	13.00
4	139	478 200	NE Stream junction	14.20
5	123	488 222	SE Large pit, 8m deep	15.20
6	131	484 229	S Pit	15.40
7	105	472 229	Stream/Fell wall junction. SE side	
FOLLOW TAPES				
Finish	103	469 237	FINISH (Marquee)	16.00

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.

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	129	409 173	Hill, SE side	10.00
2	145	450 178	Reentrant (40m E of stream)	12.00
3	140	454 201	Reentrant, upper part	13.30
4	137	460 207	Marsh, S edge (50m N of cairn)	14.00
5	138	480 205	Hill, SE side	15.00
6	123	488 222	SE Large pit, 8m deep	15.20
7	131	484 229	S Pit	15.40
8	105	472 229	Stream/Fell wall junction. SE side	
FOLLOW TAPES				
Finish	103	469 237	FINISH (Marquee)	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.
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Distance 17.5 Km Height 950 m

Control	Code	Grid Reference	Description	Close
Start	100	473 228	Path	
1	141	472 191	Sheepfold, NW corner, inside	
2	151	482 166	Ruin, NE corner, inside	
3	157	456 137	Cairn, N side, 1.5m high	
4	122	435 129	Stream / ruined wall crossing	
5	119	429 139	Hill, E side	
6	120	415 131	Path junction	
7	118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES				
Finish	101	404 146	Track (W of bridge)	

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 16.4 Km Height 840 m

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	125	417 155	Cairn, NW side, 1m high	10.00
2	127	430 185	Hill top	11.00
3	148	447 169	NE Ruin, inside	12.00
4	144	462 178	Path / stream crossing	13.30
5	140	454 201	Reentrant, upper part	14.40
6	136	471 213	Stream bend (405m contour)	15.30
7	107	478 226	Ruined fenced enclosure, E side	15.45
8	105	472 229	Stream/Fell wall junction. SE side	
FOLLOW TAPES				
Finish	103	469 237	FINISH (Marquee)	16.00

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 15.6 Km Height 680 m

Control	Code	Grid Reference	Description	Close
Start	100	473 228	Path	
1	136	471 213	Stream bend (405m contour)	
2	144	462 178	Path / stream crossing	
3	153	460 151	Stream junction	
4	157	456 137	Cairn, N side, 1.5m high	
5	122	435 129	Stream / ruined wall crossing	
6	120	415 131	Path junction	
7	118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES				
Finish	101	404 146	Track (W of bridge)	

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 13.4 Km Height 695 m

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	104	407 155	Sheepfold, W part	9.30
2	106	423 163	Path junction	10.30
3	126	441 169	Reentrant (15m above stream source)	11.45
4	147	453 172	Middle stream junction	12.45
5	142	454 184	N Path bend	13.30
6	137	460 207	Marsh, S edge (50m N of cairn)	14.45
7	107	478 226	Ruined fenced enclosure, E side	15.50
8	105	472 229	Stream/Fell wall junction. SE side	
FOLLOW TAPES				
Finish	103	469 237	FINISH (Marquee)	16.00

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 15.6 Km Height 680 m

Control	Code	Grid Reference	Description	Close
Start	100	473 228	Path	
1	136	471 213	Stream bend (405m contour)	
2	144	462 178	Path / stream crossing	
3	153	460 151	Stream junction	
4	157	456 137	Cairn, N side, 1.5m high	
5	122	435 129	Stream / ruined wall crossing	
6	120	415 131	Path junction	
7	118	404 147	Fell Gate (15m SE of track junction)	
FOLLOW TAPES				
Finish	101	404 146	Track (W of bridge)	

Course closes at 20:00 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 13.4 Km Height 695 m

Control	Code	Grid Reference	Description	Close
Start	102	405 146	S Track Junction	
1	104	407 155	Sheepfold, W part	9.30
2	106	423 163	Path junction	10.30
3	126	441 169	Reentrant (15m above stream source)	11.45
4	147	453 172	Middle stream junction	12.45
5	142	454 184	N Path bend	13.30
6	137	460 207	Marsh, S edge (50m N of cairn)	14.45
7	107	478 226	Ruined fenced enclosure, E side	15.50
8	105	472 229	Stream/Fell wall junction. SE side	
FOLLOW TAPES				
Finish	103	469 237	FINISH (Marquee)	16.00

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING