

Klets

Day 1

ALL controls must be visited, but in ANY order.

Check code numbers to avoid disqualification.

Distance	26.5 Km	Climb	1905 m
Control	Grid Reference	Description	Close
START	094 161	Track by Lake	
123	118 160	Cairn (fox trap)	
124	164 157	North-eastern cairn	
127	144 186	Stream junction	
129	159 149	Hill Top	
130	156 183	Spur	
138	132 159	Stream Junction, Northern	
142	123 107	Cairn, 1.5m	
143	157 125	Spur	
144	183 135	Tarn, E side	
145	171 150	Spur/Cairn	
149	138 198	Crag Foot, 4m	
GO TO FINAL CONTROL			
133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish			
101	138 203	FINISH	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, but in ANY order.

Check code numbers to avoid disqualification.

Distance	24.0 Km	Climb	1600 m
Control	Grid Reference	Description	Close
START	094 161	Track by Lake	
118	147 159	Sheepfold, SW corner	
124	164 157	North-eastern cairn	
125	143 168	Summit	

Klets

Day 2

ALL controls must be visited, but in ANY order.

Check code numbers to avoid disqualification.

Distance	20.0 Km	Climb	1100 m
Control	Grid Reference	Description	Close
START	139 202	Wood, S side/Path (Control circle 133)	
106	094 190	Western shelter, west side	
108	103 185	Spur	
111	120 187	Sheepfold, E side	14.00
112	113 181	Northern stream, source	15.00
113	111 187	Re-entrant	15.00
116	124 198	Tarn, SE side	
119	114 213	Cairn	13.30
120	132 178	Re-entrant	
121	103 208	Re-entrant	14.00
122	138 170	Sheepfold, E side	
128	149 179	Stream source	
132	149 195	Wall, SW end	
135	131 192	Knoll	
136	123 180	Sheepfold, NW corner	14.00
GO TO FINAL CONTROL			
148	089 185	Gate	
Follow tapes, 100m, to finish			
103	089 184	FINISH	16.00

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING

Pillar

Day 2

ALL controls must be visited, but in ANY order.

Check code numbers to avoid disqualification.

Distance	15.6 Km	Climb	1350 m
Control	Grid Reference	Description	Close
START	139 202	Wood, S side/Path (Control circle 133)	
104	090 187	Re-entrant, upper part	
106	094 190	Western shelter, west side	
108	103 185	Spur	

127	144 186	Stream junction	
130	156 183	Spur	
138	132 159	Stream Junction, Northern	
140	111 125	Stream source	
141	146 118	Tarn, W side	
142	123 107	Cairn, 1.5m	
147	102 119	Sheepfold	
GO TO FINAL CONTROL			
133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish			
FINISH	139 203	FINISH	20.00

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

109	108 179	Waterfall, foot	15.00
111	120 187	Sheepfold, E side	14.00
112	113 181	Northern stream, source	15.00
113	111 187	Re entrant	
114	148 186	Summit	
116	124 198	Tarn, SE side	
119	114 213	Cairn	13.30
120	132 178	Re-entrant	12.00
135	131 192	Knoll	12.00
137	106 201	NW Cairn	
GO TO TO FINAL CONTROL			
148	089 185	Gate	
Follow tapes, 200m, to finish			
103	089 184	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.
 Check code numbers to avoid disqualification.

Distance 24.4 Km Climb 1640 m

Control	Code	Grid Reference	Description	Close
Start	100	94 161	Track by lake	
1	147	102 119	Sheepfold	
2	142	123 107	Cairn, 1.5m	
3	143	157 125	Spur	
4	144	183 135	Tarn, E side	
5	145	171 150	Spur/Cairn	
6	124	164 157	North-eastern cairn	
7	138	132 159	Stream Junction, Northern	
8	122	138 170	Sheepfold, E side	
9	135	131 192	Knoll	
10	133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish				
Finish	101	138 203	FINISH	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.
 Check code numbers to avoid disqualification.

Distance 17.5 Km Climb 1290 m

Control	Code	Grid Reference	Description	Close
Start	102	139 202	Wood, S side/Path (Control Circle 133)	
1	132	149 195	Wall, SW end	
2	128	149 179	Stream source	
3	114	148 186	Summit	
4	109	108 179	Waterfall, foot	11.30
5	116	124 198	Tarn, SE side	
6	119	114 213	Cairn	13.30
7	121	103 208	Re-entrant	
8	108	103 185	Spur	15.00
Follow path and cross stile in wood				
9	107	094 189	Crag 5m, foot	
10	104	090 187	Re-entrant, upper part	
11	148	089 185	Gate	
Finish	103	089 184	FINISH	16.00

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

Kirkfell

Day 1

Kirkfell

Day 2

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

Distance 21.5 Km Climb 1475 m

Control	Code	Grid Reference	Description	Close
Start	100	94 161	Track by lake	
1	139	103 128	Stream Bend	
2	141	146 118	Tarn, W side	
3	143	157 125	Spur	
4	144	183 135	Tarn, E side	
5	120	132 178	Re-entrant	
6	135	131 192	Knoll	
7	149	138 198	Crag Foot, 4m	
8	133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish				
Finish	101	138 203	FINISH	20.00

Course closes at 20:00 hours
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All controls must be visited in the order given.
Check code numbers to avoid disqualification.

Distance 15.3 Km Climb 1105 m

Control	Code	Grid Reference	Description	Close
Start	102	139 202	Wood, S side/Path (Control Circle 133)	
1	134	145 194	Re-entrant	
2	128	149 179	Stream source	
3	119	114 213	Cairn	13.30
4	131	110 206	Re-entrant	13.30
5	136	123 180	Sheepfold, NW corner	
6	113	111 187	Re entrant	15.00
Follow path and cross stile in wood				
7	105	092 191	Re-entrant, upper part	
8	148	089 185	Gate	
Follow tapes, 200m, to finish				
Finish	103	089 184	FINISH	16.00

Course closes at 16:00 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 18.7 Km Climb 1335 m

Control	Code	Grid Reference	Description	Close
Start	100	94 161	Track by lake	
1	140	111 125	Stream source	
2	142	123 107	Cairn, 1.5m	
3	141	146 118	Tarn, W side	
4	126	155 164	Knoll/Cairn	
5	125	143 168	Summit	
6	135	131 192	Knoll	
7	133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish				
Finish	101	138 203	FINISH	20.00

Course closes at 20:00 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 13.2 Km Climb 900 m

Control	Code	Grid Reference	Description	Close
Start	102	139 202	Wood, S side/Path (Control Circle 133)	
1	120	132 178	Re-entrant	
2	111	120 187	Sheepfold, E side	11.00
3	116	124 198	Tarn, SE side	
4	121	103 208	Re-entrant	13.00
5	109	108 179	Waterfall, foot	14.30
Follow path and cross stile in wood				
6	105	092 191	Re-entrant, upper part	
7	148	089 185	Gate	
Follow tapes, 200m, to finish				
Finish				16.00

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

Harter Fell

Day 1

Harter Fell

Day 2

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

Distance	15.8 Km			Climb	1030 m
Control	Code	Grid Reference	Description	Close	
Start	100	94 161	Track by lake		
1	146	108 153	Eastern Hill, NE knoll top		
2	138	132 159	Stream Junction, Northern		
3	129	159 149	Hill Top		
4	145	171 150	Spur/Cairn		
5	124	164 157	North-eastern cairn		
6	118	147 159	Sheepfold, SW corner		
7	128	149 179	Stream source		
8	132	149 195	Wall, SW end		
9	133	139 202	Wood, S side/Path		
Follow tapes, 100m, to finish					
Finsh	101	138 203	FINISH	20:00	

Course closes at 20:00 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	14.8 Km			Climb	850 m
Control	Code	Grid Reference	Description	Close	
Start	100	94 161	Track by lake		
1	146	108 153	Eastern Hill, NE knoll top		
2	115	123 163	Trig point		
3	129	159 149	Hill Top		
4	126	155 164	Knoll/Cairn		
5	125	143 168	Summit		
6	128	149 179	Stream source		
7	130	156 183	Spur		
8	133	139 202	Wood, S side/Path		
Follow tapes, 100m, to finish					
Finish	101	138 203	FINISH	20:00	

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

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

Distance	12.4 Km			Climb	870 m
Control	Code	Grid Reference	Description	Close	
Start	102	139 202	Wood, S side/Path (Control Circle 133)		
1	134	145 194	Re-entrant		
2	114	148 186	Summit		
3	136	123 180	Sheepfold, NW corner	11.30	
4	117	117 203	Summit cairn		
5	137	106 201	NW Cairn		
6	110	109 182	Sheepfold, E side	14.30	
Follow path and cross stile in wood					
7	106	094 190	Western shelter, west side		
8	104	090 187	Re-entrant, upper part		
9	148	089 185	Gate		
Follow tapes, 200m, to finish					
Finish	103	089 184	FINISH	16.00	

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	10.9 Km			Climb	620 m
Control	Code	Grid Reference	Description	Close	
Start	102	139 202	Wood, S side/Path (Control Circle 133)		
1	135	131 192	Knoll		
2	136	123 180	Sheepfold, NW corner	11.30	
3	117	117 203	Summit cairn		
4	131	110 206	Re-entrant		
5	137	106 201	NW Cairn		
6	110	109 182	Sheepfold, E side	14.30	
Follow path and cross stile in wood					
7	106	094 190	Western shelter, west side		
8	104	090 187	Re-entrant, upper part		
9	148	089 185	Gate		
Follow tapes, 200m, to finish					
Finish	103	089 184	FINISH	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 14.8 Km Climb 850 m

Control	Code	Grid Reference	Description	Close
Start	100	94 161	Track by lake	
1	146	108 153	Eastern Hill, NE knoll top	
2	115	123 163	Trig point	
3	129	159 149	Hill Top	
4	126	155 164	Knoll/Cairn	
5	125	143 168	Summit	
6	128	149 179	Stream source	
7	130	156 183	Spur	
8	133	139 202	Wood, S side/Path	
Follow tapes, 100m, to finish				
Finish	101	138 203	FINISH	20:00

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 10.9 Km Climb 620 m

Control	Code	Grid Reference	Description	Close
Start	102	139 202	Wood, S side/Path (Control Circle 133)	
1	135	131 192	Knoll	
2	136	123 180	Sheepfold, NW corner	11.30
3	117	117 203	Summit cairn	
4	131	110 206	Re-entrant	
5	137	106 201	NW Cairn	
6	110	109 182	Sheepfold, E side	14.30
Follow path and cross stile in wood				
7	106	094 190	Western shelter, west side	
8	104	090 187	Re-entrant, upper part	
9	148	089 185	Gate	
	103	089 184	FINISH	16.00

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF THIS MEANS RETIRING