

Klets Day 1

All controls must be visited, but in ANY order

Distance: 27.5 km

Climb: 1730 m

Code	Grid Ref	Description
Start	326 075	Wall Corner
105	274 108	Pond, west side
107	310 083	Sheepfold (on spur), inside
113	308 112	Tarn, north side
114	271 126	Bridge, east end
117	300 135	Between Stream Junctions
118	289 100	Stream
122	256 088	Crag Top, high point 20m from edge
124	309 074	Col
127	255 062	Re-entrant
129	298 076	Sheepfold, centre
135	280 112	Sheepfold, inside
136	262 080	Re-entrant, upper part
Finish	265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Klets Day 2

All controls must be visited, but in ANY order

Distance: 21.1 km

Climb: 1690 m

Code	Grid Ref	Description	Closing Time
Start	265 134	Gate	
104	320 072	Boulder, 2m, south side	
108	276 076	Stream Bend	14:00
110	290 078	Re-entrant	15:00
112	246 115	Re-entrant	12:00
116	320 064	Hill, south side	
120	233 089	Stream	13:00
123	303 079	Path	
125	282 094	Northmost Pond, east side	14:00
133	262 122	Pond, east side	12:00
139	307 093	Stream Source	
145	256 127	Col	12:00
Finish	328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Bowfell Day 1

All controls must be visited in the order given

Distance: 25.1 km Climb: 1940 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	116	320 064	Hill, south side
2	124	309 074	Col
3	144	311 129	Sheepfold, east side
4	117	300 135	Between Stream Junctions
5	105	274 108	Pond, west side
6	120	233 089	Stream
7	119	227 097	Hill Top, 632 spot height
8	145	256 127	Col
9	134	255 137	Southeast Gate, south side
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Bowfell Day 2

All controls must be visited in the order given

Distance: 18.4 km Climb: 1700 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	126	252 099	Stream	11:00
2	128	236 068	Hill Top	
3	127	255 062	Re-entrant	13:00
4	110	290 078	Re-entrant	14:30
5	109	297 089	Tarn, north end	
6	107	310 083	Sheepfold (on spur), inside	
7	130	316 072	Sheepfold, inside	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Kirkfell Day 1

All controls must be visited in the order given

Distance: 21.6 km Climb: 1740 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	107	310 083	Sheepfold (on spur), inside
2	136	262 080	Re-entrant, upper part
3	127	255 062	Re-entrant
4	128	236 068	Hill Top
5	120	233 089	Stream
6	119	227 097	Hill Top, 632 spot height
7	112	246 115	Re-entrant
8	126	252 099	Stream
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Kirkfell Day 2

All controls must be visited in the order given

Distance: 17.6 km Climb: 1270 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	114	271 126	Bridge, east end	
2	105	274 108	Pond, west side	
3	138	293 117	Stream Source	11:30
4	117	300 135	Between Stream Junctions	
5	144	311 129	Sheepfold, east side	13:00
6	139	307 093	Stream Source	14:30
7	129	298 076	Sheepfold, centre	
8	104	320 072	Boulder, 2m, south side	
9	132	324 061	Cairn	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Carrock Fell Day 1

All controls must be visited in the order given

Distance: 19.4 km Climb: 1660 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	104	320 072	Boulder, 2m, south side
2	123	303 079	Path
3	109	297 089	Tarn, north end
4	108	276 076	Stream Bend
5	128	236 068	Hill Top
6	119	227 097	Hill Top, 632 spot height
7	126	252 099	Stream
8	106	256 118	Hill Top, east of spot height
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Carrock Fell Day 2

All controls must be visited in the order given

Distance: 15.2 km Climb: 1250 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	114	271 126	Bridge, east end	
2	135	280 112	Sheepfold, inside	10:30
3	117	300 135	Between Stream Junctions	
4	144	311 129	Sheepfold, east side	12:30
5	131	297 104	Pond, northeast side	14:30
6	107	310 083	Sheepfold (on spur), inside	
7	116	320 064	Hill, south side	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Harter Fell Day 1

All controls must be visited in the order given

Distance: 19.3 km Climb: 1400 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	130	316 072	Sheepfold, inside
2	129	298 076	Sheepfold, centre
3	108	276 076	Stream Bend
4	125	282 094	Northmost Pond, east side
5	139	307 093	Stream Source
6	144	311 129	Sheepfold, east side
7	135	280 112	Sheepfold, inside
8	114	271 126	Bridge, east end
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Harter Fell Day 2

All controls must be visited in the order given

Distance: 13.7 km Climb: 1130 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	106	256 118	Hill Top, east of spot height	
2	126	252 099	Stream	11:30
3	136	262 080	Re-entrant, upper part	13:00
4	109	297 089	Tarn, north end	14:30
5	123	303 079	Path	
6	124	309 074	Col	
7	116	320 064	Hill, south side	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Wansfell Day 1

All controls must be visited in the order given

Distance: 16.8 km Climb: 1140 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	124	309 074	Col
2	110	290 078	Re-entrant
3	108	276 076	Stream Bend
4	111	231 083	Stream Junction
5	137	244 102	Re-entrant
6	112	246 115	Re-entrant
7	134	255 137	Southeast Gate, south side
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Wansfell Day 2

All controls must be visited in the order given

Distance: 12.0 km Climb: 920 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	114	271 126	Bridge, east end	
2	135	280 112	Sheepfold, inside	
3	131	297 104	Pond, northeast side	
4	121	316 095	Sheepfold, southeast side	13:45
5	123	303 079	Path	15:00
6	132	324 061	Cairn	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Bedafell Day 1

All controls must be visited in the order given

Distance: 16.8 km Climb: 1140 m

	Code	Grid Ref	Description
Start		326 075	Wall Corner
1	124	309 074	Col
2	110	290 078	Re-entrant
3	108	276 076	Stream Bend
4	111	231 083	Stream Junction
5	137	244 102	Re-entrant
6	112	246 115	Re-entrant
7	134	255 137	Southeast Gate, south side
Finish		265 134	Gate on main track (NE side)

Course closes at 20:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Bedafell Day 2

All controls must be visited in the order given

Distance: 12.0 km Climb: 920 m

	Code	Grid Ref	Description	Closing Time
Start		265 134	Gate	
1	114	271 126	Bridge, east end	
2	135	280 112	Sheepfold, inside	
3	131	297 104	Pond, northeast side	
4	121	316 095	Sheepfold, southeast side	13:45
5	123	303 079	Path	15:00
6	132	324 061	Cairn	
Finish		328 067	Sheepfold, west side	

Course closes at 16:00 hours

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

Fairfield (both days)

Visit controls in any order to collect as many points as possible over two days.

Do not visit a control more than once (only the first visit will count).

Time limits are:

Saturday: 7 hours

Sunday: 5 hours

Extreme weather may cause these to be reduced to 6 hours and 4 hours respectively. You will be told very clearly at the start if this is the case.

Penalties for lateness:

0:01-10:00 minutes: 2 points per minute or part minute

10:01-20:00 minutes: 5 points for every additional minute or part minute

Over 20:00 minutes: 10 points for every additional minute or part minute

Code	Grid Ref	Description	Points
Day 1 Start	326 075	Wall Corner	
Day 2 Start	265 134	Gate	
104	320 072	Boulder, 2m, south side	10
105	274 108	Pond, west side	20
106	256 118	Hill Top, east of spot height	20
107	310 083	Sheepfold (on spur), inside	30
108	276 076	Stream Bend	10
109	297 089	Tarn, north end	20
110	290 078	Re-entrant	30
111	231 083	Stream Junction	20
112	246 115	Re-entrant	40
113	308 112	Tarn, north side	10
114	271 126	Bridge, east end	20
115	315 103	Re-entrant	20
116	320 064	Hill, south side	30
117	300 135	Between Stream Junctions	20
118	289 100	Stream	10
119	227 097	Hill Top, 632 spot height	30
120	233 089	Stream	10

121	316 095	Sheepfold, southeast side	10
122	256 088	Crag Top, high point 20m from edge	30
123	303 079	Path	10
124	309 074	Col	10
125	282 094	Northmost Pond, east side	20
126	252 099	Stream	20
127	255 062	Re-entrant	20
128	236 068	Hill Top	40
129	298 076	Sheepfold, centre	10
130	316 072	Sheepfold, inside	10
131	297 104	Pond, northeast side	20
132	324 061	Cairn	10
133	262 122	Pond, east side	10
134	255 137	Southeast Gate, south side	30
135	280 112	Sheepfold, inside	10
136	262 080	Re-entrant, upper part	20
137	244 102	Re-entrant	10
138	293 117	Stream Source	30
139	307 093	Stream Source	40
140	244 084	Between SE Streams	10
141	252 077	Southwest Pond, NW side	10
142	271 062	Bridge, south end	10
143	266 098	Sheepfold, inside	40
144	311 129	Sheepfold, east side	40
145	256 127	Col	10
146	232 107	Crag, 30m, foot	10
Day 1 Finish	265 134	Gate on main track (NE side)	
Day 2 Finish	328 067	Sheepfold, west side	

Courses close at 20:00 on Saturday and 16:00 on Sunday

YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING

All controls close at 14:30 on Sunday (13:30 if extreme weather time limit is in use)