

## Bedafell Day 1

All controls must be visited in the order given

Distance: 15 km      Climb: 1300 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	158	196 155	Stream Junction
2	159	197 165	Spur
3	105	213 171	Stream Bend
4	135	232 153	Hill, northeast side
5	108	212 130	Stream Junction
6	109	217 114	Stream Source
7	123	223 123	Southern Boulder (6m high), north side
8	132	229 123	Gate
9	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

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: 13 km      Climb: 900 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	101	228 094	Tarn, northeast side	
2	141	220 093	Hill Top	12:15
3	112	211 113	Stream Junction	14:00
4	139	222 127	Hill Top	15:00
5	137	211 132	Sheepfold, NE corner (inside)	
6	116	198 139	Sheepfold, north side	
7	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

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 km      Climb: 1300 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	118	194 161	Reentrant (small valley)
2	105	213 171	Stream Bend
3	135	232 153	Hill, northeast side
4	128	202 127	Tarn, east side
5	112	211 113	Stream Junction
6	123	223 123	Southern Boulder (6m high), north side
7	132	229 123	Gate
8	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

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 km      Climb: 900 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	129	229 101	Cairn	
2	101	228 094	Tarn, northeast side	12:15
3	125	213 111	Stream Junction	14:00
4	113	218 126	Fence Corner	14:45
5	154	198 136	Boulder (3m high), west side	
6	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

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 km      Climb: 1600 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	126	194 158	Reentrant
2	114	227 181	Wall Bend
3	120	220 157	Boulder (3m high), east side
4	107	232 147	Hill Top
5	147	232 131	Reentrant
6	137	211 132	Sheepfold, NE corner (inside)
7	125	213 111	Stream Junction
8	123	223 123	Southern Boulder (6m high), north side
9	132	229 123	Gate
10	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

**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: 14 km      Climb: 1000 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	155	235 115	Gate, west side	
2	156	242 111	Hill Top	
3	124	241 093	Tarn, east side	12:00
4	101	228 094	Tarn, northeast side	12:45
5	112	211 113	Stream Junction	14:30
6	146	202 124	Western Pond, west side	15:00
7	115	206 131	Stream Bend	
8	154	198 136	Boulder (3m high), west side	
9	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

**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: 21 km      Climb: 1700 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	145	202 157	Hill Top
2	150	207 181	Spur
3	151	222 175	Boulder (2.5m high), east side
4	160	241 159	Hill Top
5	131	259 127	Reentrant (upper part)
6	157	253 107	Hill, west side
7	156	242 111	Hill Top
8	155	235 115	Gate, west side
9	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

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: 17 km      Climb: 1300 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	155	235 115	Gate, west side	
2	103	246 096	Stream (top of steep slope)	
3	141	220 093	Hill Top	12:30
4	139	222 127	Hill Top	14:00
5	146	202 124	Western Pond, west side	14:45
6	138	211 141	Pond, north side	
7	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

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: 24 km      Climb: 2100 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	148	205 166	Gully
2	150	207 181	Spur
3	151	222 175	Boulder (2.5m high), east side
4	120	220 157	Boulder (3m high), east side
5	153	262 123	Pond, east side
6	157	253 107	Hill, west side
7	133	237 091	Hill Top
8	101	228 094	Tarn, northeast side
9	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

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: 16 km      Climb: 1500 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	155	235 115	Gate, west side	
2	103	246 096	Stream (top of steep slope)	
3	110	218 081	Hill Top	12:45
4	140	205 110	Stream Junction	14:15
5	119	210 138	Reentrant	
6	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

Course closes at 16:00 hours

**YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING**

## Scafell Day 1

All controls must be visited in the order given

Distance: 33 km      Climb: 2600 m

	Code	Grid Ref	Description
Start		194 152	Path / Stream Crossing
1	149	211 180	Spur Top
2	127	200 188	Hill Top
3	152	184 184	Stream Junction
4	102	187 169	Summit
5	145	202 157	Hill Top
6	143	237 187	Pond, east side
7	160	241 159	Hill Top
8	153	262 123	Pond, east side
9	104	250 108	Northeast Pond, southeast side
10	133	237 091	Hill Top
11	129	229 101	Cairn
12	111	235 121	Gateway
Finish		237 124	Access to Finish is from road

**Course closes at 20:00 hours**

**YOU MUST BE BACK BEFORE THEN EVEN IF IT MEANS RETIRING**

## Scafell Day 2

All controls must be visited in the order given

Distance: 21 km      Climb: 1800 m

	Code	Grid Ref	Description	Closing Time
Start		237 124	Overnight Camp	
1	155	235 115	Gate, west side	
2	136	243 091	Stream Source	
3	110	218 081	Hill Top	12:00
4	122	190 113	Boulder (3m high), southwest side	13:45
5	139	222 127	Hill Top	15:00
6	138	211 141	Pond, north side	
7	117	195 145	Gate	
Finish		194 147	Follow tapes 200m from 117	

**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, LATENESS PENALTIES AND COURSE CLOSING TIMES ARE ON THE MAP.**

**DAY 2 CONTROL CLOSING TIMES:** 111 and 155 close at 9:30. 131, 153, 156, 157, 103, 133, 136, 106 and 121 close at 12:30. All other controls close at 14:30 but those far distant from the finish may be collected earlier.

Code	Grid Ref	Description	Points
Day 1 Start	194 152	Path / Stream Crossing	
Day 2 Start	237 124	Overnight Camp	
101	228 094	Tarn, northeast side	20
102	187 169	Summit	10
103	246 096	Stream (top of steep slope)	15
105	213 171	Stream Bend	20
106	230 078	Hill Top, southwest end	20
107	232 147	Hill Top	15
108	212 130	Stream Junction	10
109	217 114	Stream Source	10
110	218 081	Hill Top	40
111	235 121	Gateway	5
112	211 113	Stream Junction	10
114	227 181	Wall Bend	15
117	195 145	Gate	5
119	210 138	Reentrant	15
120	220 157	Boulder (3m high), east side	25
121	241 074	Stream	30
122	190 113	Boulder (3m high), southwest side	40
123	223 123	Southern Boulder (6m high), north side	15
125	213 111	Stream Junction	15
127	200 188	Hill Top	30
128	202 127	Tarn, east side	15

Code	Grid Ref	Description	Points
129	229 101	Cairn	25
130	209 165	Sheepfold, northwest corner (inside)	10
131	259 127	Reentrant (upper part)	30
132	229 123	Gate	10
133	237 091	Hill Top	10
134	236 165	Crag (10m high), northeast foot	30
136	243 091	Stream Source	20
138	211 141	Pond, north side	30
139	222 127	Hill Top	10
140	205 110	Stream Junction	30
141	220 093	Hill Top	15
142	197 175	Fence, southeast corner	10
143	237 187	Pond, east side	40
144	204 200	Reentrant	40
145	202 157	Hill Top	15
147	232 131	Reentrant	20
148	205 166	Gully	15
149	211 180	Spur Top	10
150	207 181	Spur	10
151	222 175	Boulder (2.5m high), east side	20
152	184 184	Stream Junction	30
153	262 123	Pond, east side	30
154	198 136	Boulder (3m high), west side	10
155	235 115	Gate, west side	10
156	242 111	Hill Top	10
157	253 107	Hill, west side	20
159	197 165	Spur	15
160	241 159	Hill Top	25
Day 1 Finish	237 124	Access to Finish is from road	
Day 2 Finish	194 147	Follow tapes 200m from 117	