

## Bedafell Day 1

All controls must be visited in the order given

Distance: 17 km    Climb: 1100 m

	Code	Grid Ref	Description
Start		174 008	
1	108	176 018	Southern Ruined Building, south corner (outside)
2	128	166 009	Between Hills
3	129	155 018	Bridge, east side
4	105	155 039	Tarn, northeast side
5	113	168 049	Hill Top
6	109	177 033	Hill Top
7	101	199 047	Sheepfold, inside
8	148	195 059	Stream Junction
9	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

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		180 069		
1	136	205 080	Hill Top (south side of wall)	12:00
2	118	217 051	Wall End	13:30
3	116	207 036	Path / Stream Crossing	14:30
4	130	191 027	Stream Junction	
5	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

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: 17 km      Climb: 1100 m

	Code	Grid Ref	Description
Start		174 008	
1	108	176 018	Southern Ruined Building, south corner (outside)
2	134	182 031	Ruin, southeast side (outside)
3	130	191 027	Stream Junction
4	116	207 036	Path / Stream Crossing
5	118	217 051	Wall End
6	119	220 060	Boulder (3m high), north side
7	111	232 078	Stream Junction
8	121	204 072	Southern Boulder (3.5m high), south side
9	122	193 071	Northeast Fence Corner
10	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

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: 13 km      Climb: 800 m

	Code	Grid Ref	Description	Closing Time
Start		180 069		
1	149	183 050	Ruined Wall, southwest corner (inside)	
2	113	168 049	Hill Top	12:00
3	127	151 034	Eastern Hill Top	
4	129	155 018	Bridge, east side	13:30
5	128	166 009	Between Hills	14:45
6	125	173 022	Rocky Hill Top	
7	135	178 021	Southern Grouse Shooting Butt	
8	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

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: 20 km      Climb: 1300 m

	Code	Grid Ref	Description
Start		174 008	
1	109	177 033	Hill Top
2	132	187 037	Bridge, west side
3	116	207 036	Path / Stream Crossing
4	155	225 046	River Bend, northeast side
5	131	229 045	Hill Top
6	112	236 070	Cairn
7	146	236 088	Hill Top
8	103	220 080	Hill Top
9	121	204 072	Southern Boulder (3.5m high), south side
10	122	193 071	Northeast Fence Corner
11	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

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: 16 km      Climb: 900 m

	Code	Grid Ref	Description	Closing Time
Start		180 069		
1	123	181 061	Gate, west side	
2	105	155 039	Tarn, northeast side	
3	107	143 026	Western Hill Top (small cairn)	12:45
4	129	155 018	Bridge, east side	
5	145	161 018	Ruin, southeast corner (outside)	
6	125	173 022	Rocky Hill Top	14:15
7	134	182 031	Ruin, southeast side (outside)	14:45
8	130	191 027	Stream Junction	
9	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

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: 26 km    Climb: 1400 m

	Code	Grid Ref	Description
Start		174 008	
1	138	177 038	Southern Stream Junction
2	107	143 026	Western Hill Top (small cairn)
3	154	133 063	Reentrant
4	153	143 099	Hill Top
5	144	177 105	Boulder (4m high), south side
6	150	188 075	Reentrant
7	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

**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: 900 m

	Code	Grid Ref	Description	Closing Time
Start		180 069		
1	151	198 055	Boulder (2m high), east side	
2	142	216 045	Tarn, south side	11:45
3	141	222 034	Hill, northwest side	12:15
4	140	203 017	Hill Top	13:30
5	133	195 040	Tarn, east side	14:30
6	109	177 033	Hill Top	15:15
7	125	173 022	Rocky Hill Top	
8	108	176 018	Southern Ruined Building, south corner (outside)	
9	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

**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: 28 km      Climb: 1700 m

	Code	Grid Ref	Description
Start		174 008	
1	135	178 021	Southern Grouse Shooting Butt
2	125	173 022	Rocky Hill Top
3	138	177 038	Southern Stream Junction
4	139	196 027	Ruin, south side
5	140	203 017	Hill Top
6	141	222 034	Hill, northwest side
7	142	216 045	Tarn, south side
8	152	240 079	Tarn, northeast side
9	146	236 088	Hill Top
10	102	229 101	Tarn, east tip
11	103	220 080	Hill Top
12	121	204 072	Southern Boulder (3.5m high), south side
13	151	198 055	Boulder (2m high), east side
14	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

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: 21 km      Climb: 1300 m

	Code	Grid Ref	Description	Closing Time
Start		180 069		
1	147	170 095	Hill Top	11:15
2	106	131 068	Reentrant	13:15
3	107	143 026	Western Hill Top (small cairn)	14:30
4	129	155 018	Bridge, east side	
5	128	166 009	Between Hills	15:30
6	108	176 018	Southern Ruined Building, south corner (outside)	
7	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

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: 34 km      Climb: 2400 m

	Code	Grid Ref	Description
Start		174 008	
1	108	176 018	Southern Ruined Building, south corner (outside)
2	106	131 068	Reentrant
3	126	120 093	Pond, east side (may be dry)
4	110	224 109	Stream Source
5	124	226 098	Hill Top
6	103	220 080	Hill Top
7	136	205 080	Hill Top (south side of wall)
8	104	183 068	Gate in Wall, west side
Finish		180 069	Follow tapes 350m from 104

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: 23 km      Climb: 1700 m

	Code	Grid Ref	Description	Closing Time
Start		180 069		
1	111	232 078	Stream Junction	
2	112	236 070	Cairn	12:00
3	113	168 049	Hill Top	14:30
4	127	151 034	Eastern Hill Top	
5	120	175 011	Gate	
Finish		174 008	Follow tapes 300m from 120	

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:** All controls close at 14:30 but those far distant from the finish may be collected earlier.

Code	Grid Ref	Description	Points
Day 1 Start	174 008		
Day 2 Start	180 069		
101	199 047	Sheepfold, inside	10
103	220 080	Hill Top	30
104	183 068	Gate in Wall, west side	10
105	155 039	Tarn, northeast side	10
106	131 068	Reentrant	30
107	143 026	Western Hill Top (small cairn)	30
109	177 033	Hill Top	30
110	224 109	Stream Source	50
111	232 078	Stream Junction	10
112	236 070	Cairn	40
113	168 049	Hill Top	30
114	199 114	Spur Top	50
115	158 102	Between Boulders (2.5m high)	20
116	207 036	Path / Stream Crossing	10
117	139 084	Cairn, west side	50
119	220 060	Boulder (3m high), north side	20
122	193 071	Northeast Fence Corner	10
123	181 061	Gate, west side	10
124	226 098	Hill Top	10
125	173 022	Rocky Hill Top	30
126	120 093	Pond, east side (may be dry)	50
128	166 009	Between Hills	30

Code	Grid Ref	Description	Points
129	155 018	Bridge, east side	10
131	229 045	Hill Top	20
132	187 037	Bridge, west side	10
133	195 040	Tarn, east side	30
136	205 080	Hill Top (south side of wall)	40
137	145 074	Sheepfold, inside (below small crag)	30
139	196 027	Ruin, south side	30
141	222 034	Hill, northwest side	20
142	216 045	Tarn, south side	10
143	153 087	Hill Top	50
144	177 105	Boulder (4m high), south side	30
145	161 018	Ruin, southeast corner (outside)	10
146	236 088	Hill Top	20
147	170 095	Hill Top	50
149	183 050	Ruined Wall, southwest corner (inside)	10
151	198 055	Boulder (2m high), east side	10
152	240 079	Tarn, northeast side	10
153	143 099	Hill Top	30
155	225 046	River Bend, northeast side	10
Day 1 Finish	180 069		
Day 2 Finish	174 008		