

Scafell Day 1

All controls must be visited in the order given

Distance: 41 km Climb: 2250 m

	Code	Grid Ref	Description
Start		625 996	Path
1	105	640 004	Stream
2	129	646 017	Stream Bend
3	104	618 021	Reentrant
4	120	620 013	Reentrant (N edge of marsh)
5	154	685 994	Stream
6	149	685 017	Middle Stream (possibly dry)
7	151	699 020	Southern Stream
8	143	740 995	Crag Foot (4m high, at bend)
9	158	761 980	Pond, E side
10	136	765 997	Stone Shelter, S side
11	153	748 001	Sheepfold, S corner (outside)
12	162	743 974	Sheepfold, N corner (outside)
13	159	730 978	Reentrant
14	109	727 967	Bridge, SW side
15	155	714 962	Middle Large Sinkhole (8m deep), NW edge
16	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 31 km Climb: 1970 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	123	692 976	Stream	
2	124	678 994	Stream	
3	148	646 986	Gully, upper part	11:30
4	147	653 939	Stream	
5	157	680 955	Stream Junction	13:30
6	146	653 016	Gully	15:00
7	106	632 009	Sheepfold, SE corner (inside)	
8	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 35 km Climb: 1930 m

	Code	Grid Ref	Description
Start		625 996	Path
1	106	632 009	Sheepfold, SE corner (inside)
2	135	660 958	Sheepfold, N corner (outside)
3	152	683 963	Gully (stream is probably dry)
4	128	691 005	Reentrant
5	122	755 998	Large Sinkhole (15m deep)
6	160	756 974	Reentrant
7	161	740 978	Stream Junction
8	109	727 967	Bridge, SW side
9	107	709 968	Hill Top
10	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 20 km Climb: 1450 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	154	685 994	Stream	
2	149	685 017	Middle Stream (possibly dry)	
3	126	671 026	Path / Stream Crossing	12:30
4	144	662 994	Stream Junction	
5	145	639 984	Reentrant (at top)	14:45
6	127	627 013	Cairn	
7	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 30 km Climb: 1680 m

	Code	Grid Ref	Description
Start		625 996	Path
1	156	653 975	Sheepfold, NE side
2	138	670 994	Gully, upper part
3	113	652 012	Trig Point
4	126	671 026	Path / Stream Crossing
5	150	717 008	Reentrant
6	153	748 001	Sheepfold, S corner (outside)
7	159	730 978	Reentrant
8	109	727 967	Bridge, SW side
9	108	719 965	Reentrant, upper part
10	107	709 968	Hill Top
11	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 1420 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	135	660 958	Sheepfold, N corner (outside)	
2	148	646 986	Gully, upper part	13:30
3	146	653 016	Gully	
4	106	632 009	Sheepfold, SE corner (inside)	
5	141	622 016	Sheepfold, NW corner (inside)	
6	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 22 km Climb: 1490 m

	Code	Grid Ref	Description
Start		625 996	Path
1	114	641 999	Cairn
2	130	641 014	Sheepfold, SW corner (inside)
3	119	677 026	Fence, SW corner (outside)
4	115	692 027	Reentrant
5	101	695 999	Stream Junction
6	142	668 964	Summit (on path)
7	157	680 955	Stream Junction
8	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 15 km Climb: 1210 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	103	676 966	Stream	
2	118	648 969	Stream Junction	12:30
3	116	654 998	Stream Junction	14:00
4	111	638 013	Stone Shelter, SW corner (outside)	15:00
5	140	625 021	Stream Junction	
6	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 1210 m

	Code	Grid Ref	Description
Start		625 996	Path
1	127	627 013	Cairn
2	132	645 022	Sheepfold, NE corner (outside)
3	134	659 020	Hill Top
4	119	677 026	Fence, SW corner (outside)
5	117	698 010	Trig Point
6	133	679 001	Sheepfold (by NW entrance)
7	123	692 976	Stream
8	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 14 km Climb: 910 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	142	668 964	Summit (on path)	
2	131	639 975	Path Junction	13:45
3	110	647 996	Spur Top	
4	106	632 009	Sheepfold, SE corner (inside)	
5	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 18 km Climb: 1220 m

	Code	Grid Ref	Description
Start		625 996	Path
1	111	638 013	Stone Shelter, SW corner (outside)
2	116	654 998	Stream Junction
3	118	648 969	Stream Junction
4	147	653 939	Stream
5	157	680 955	Stream Junction
6	121	693 966	Gate into field
Finish		694 964	Follow tapes 200m from 121

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: 14 km Climb: 860 m

	Code	Grid Ref	Description	Closing Time
Start		694 964	Overnight Camp	
1	163	681 980	SW Sheepfold, SW corner (outside)	
2	113	652 012	Trig Point	13:45
3	114	641 999	Cairn	
4	127	627 013	Cairn	
5	137	616 009	Spur	
Finish		611 009	Follow tapes 950m from 137	

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: 121 closes at 9:05. Controls to the east of the main road close at 12:00. 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	625 996	Path	
Day 2 Start	694 964	Overnight Camp	
101	695 999	Stream Junction	20
102	681 025	Hill Top	10
103	676 966	Stream	10
104	618 021	Reentrant	10
105	640 004	Stream	20
107	709 968	Hill Top	20
109	727 967	Bridge, SW side	10
110	647 996	Spur Top	10
111	638 013	Stone Shelter, SW corner (outside)	20
112	722 950	Stream Junction	30
113	652 012	Trig Point	20
115	692 027	Reentrant	30
116	654 998	Stream Junction	20
117	698 010	Trig Point	30
118	648 969	Stream Junction	30
120	620 013	Reentrant (N edge of marsh)	10
121	693 966	Gate into field	10
123	692 976	Stream	20
125	653 985	Col	20
126	671 026	Path / Stream Crossing	20
127	627 013	Cairn	10
128	691 005	Reentrant	20
129	646 017	Stream Bend	20
131	639 975	Path Junction	10
132	645 022	Sheepfold, NE corner (outside)	10

Code	Grid Ref	Description	Points
133	679 001	Sheepfold (by NW entrance)	10
134	659 020	Hill Top	30
135	660 958	Sheepfold, N corner (outside)	20
136	765 997	Stone Shelter, S side	30
137	616 009	Spur	20
138	670 994	Gully, upper part	30
139	709 027	Sheepfold, N side	40
140	625 021	Stream Junction	20
142	668 964	Summit (on path)	20
143	740 995	Crag Foot (4m high, at bend)	10
144	662 994	Stream Junction	20
145	639 984	Reentrant (at top)	10
147	653 939	Stream	40
149	685 017	Middle Stream (possibly dry)	20
150	717 008	Reentrant	20
151	699 020	Southern Stream	10
152	683 963	Gully (stream is probably dry)	10
153	748 001	Sheepfold, S corner (outside)	20
154	685 994	Stream	20
155	714 962	Middle Large Sinkhole (8m deep), NW edge	20
157	680 955	Stream Junction	20
158	761 980	Pond, E side	40
159	730 978	Reentrant	30
162	743 974	Sheepfold, N corner (outside)	20
163	681 980	SW Sheepfold, SW corner (outside)	20
164	665 977	Pond, N end	30
165	676 941	Hill Top	40
166	660 949	Stream Junction	30
167	646 953	Between Hills	30
168	673 012	Reentrant	20
169	748 988	Stream Bend	30
170	660 007	Stream / Gully Junction	30
Day 1 Finish	694 964	Follow tapes 200m from 121	
Day 2 Finish	611 009	Follow tapes 950m from 137	