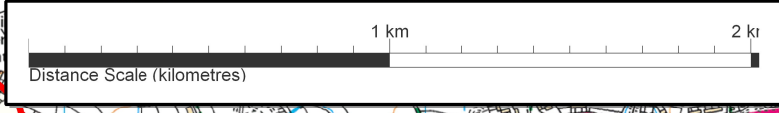


Checkpoint 5
Lose Hill Summit.
On the Trig point

Follow the [85] J
Then turn le

Traffic
Just after the b
short footpath
up the the roa
RIGHT



Toilet

Traffic

Toilet

Finish

Toilet

At the bottom of Pindale
As you meet the road turn
RIGHT onto the footpath
through the cement works

Checkpoint 6
By the stile as you
enter the Dirtlow
Rake track

Emergency Numbers
If you have a problem we can be contacted on:
07974 983670 (Richard)
07793 634495 (Greg)

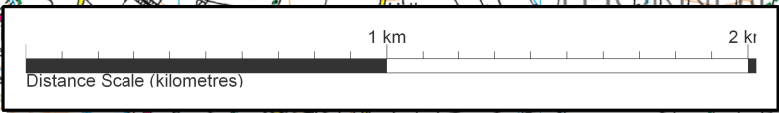
If you need urgent care you should contact the
emergency services on 999

Toilet

Checkpoint 4
On the fence line
by the footpath
gate

Follow the dry ditch up to the water trough
Then turn left and fork right at the finger post

Traffic
Just after the bridge take the
short footpath to the RIGHT
up the the road then turn
RIGHT



Traffic
Untimed section

Checkpoint 3
On the gate. This
RESTARTS the
clock.

Start (Private land)
Keep to the flagged
route (access only on
the day)

Checkpoint 2
MANNED. At the
river bridge. This
STOPS the clock

Finish

Toilet

Toilet

Checkpoint 1
By the small Bridlegate.
Make sure it is kept closed
(Not the main gate and
stile)