



19th UKA Fell and Hill Running Relay Championships

13th October 2007

Fell Foot - Lancashire

Magnetic North ↑
Grid North ↑

Magnetic north is approx 2° 56' west of grid north

- Start
- Finish
- Checkpoint
- Stile
- Out of Bounds

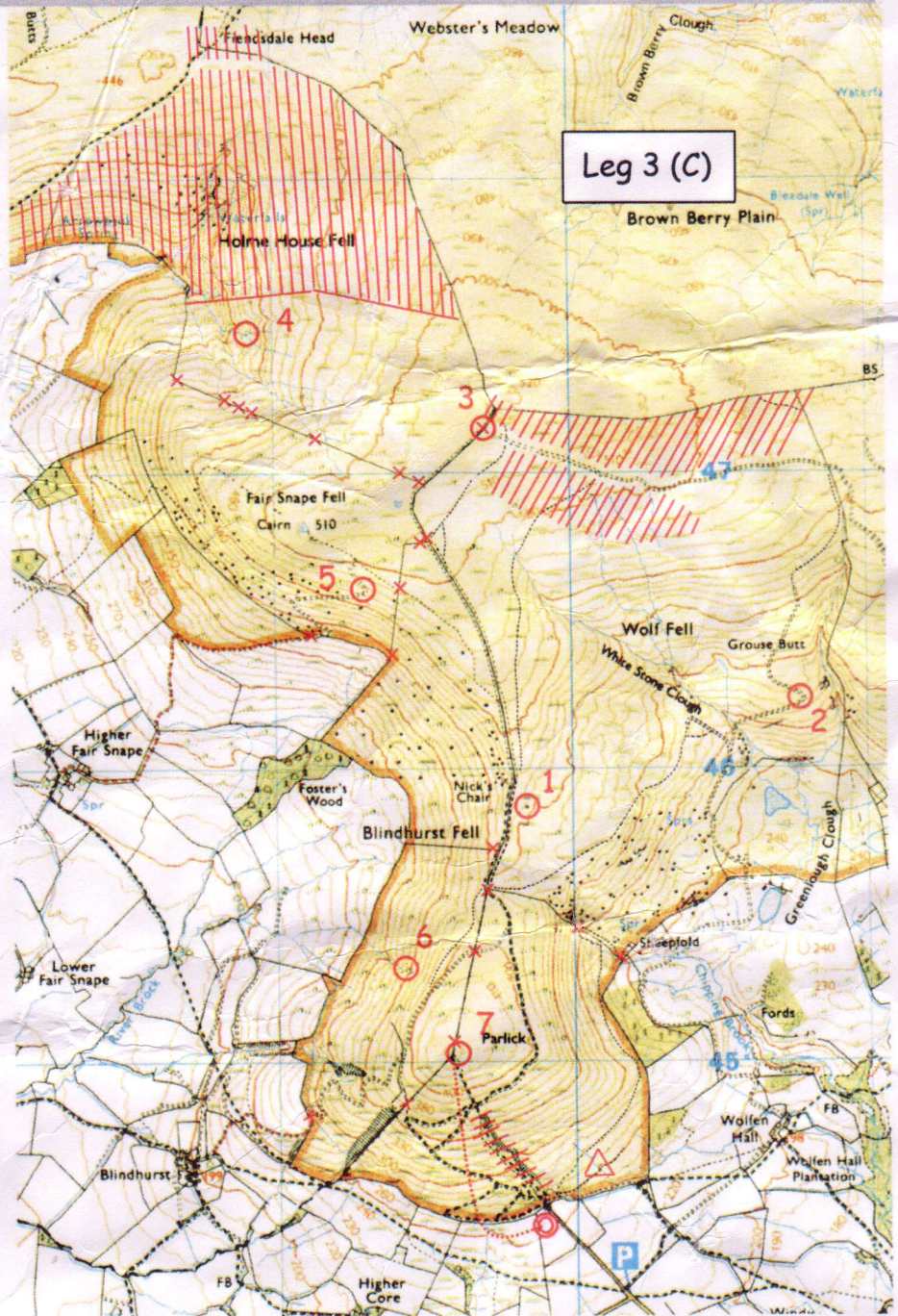
Scale 1 : 25000
0 1km

10m Contours

Checkpoint Descriptions

Checkpoints to be visited in number order

- Start
- 1. Ruin
- 2. Track Bend
- 3. Stile, E side
- 4. Stream (dry) Junction
- 5. Track Bend
- 6. Gully, Top
- 7. Summit Cairn (Parlick)
- Follow flagged route to Change-over / Finish



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1	2	3	4	5	6	7

In the event of an ePunch failure punch in the correct box above with the needle punch provided