

Checkpoint 5
Lose Hill Summit.
On the Trig point

Follow the dry ditch
Then turn left and fork

Traffic
Cross the road
and use the stile
opposite



Toilet

Traffic

Toilet

Finish

Toilet

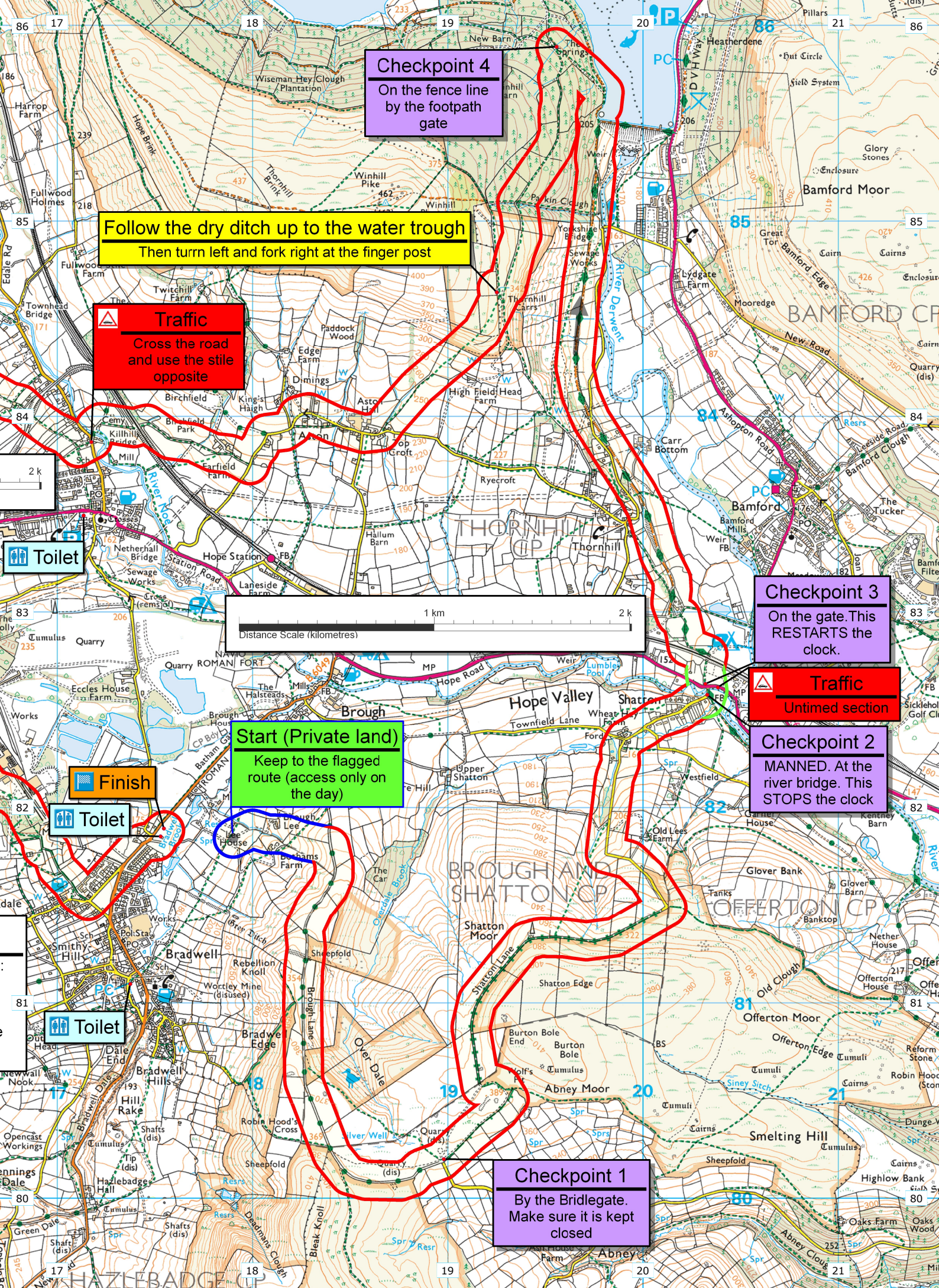
Start
Keep
route

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
Cross the road
and use the stile
opposite

Checkpoint 3
On the gate. This
RESTARTS the
clock.

Traffic
Untimed section

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

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

Checkpoint 1
By the Bridlegate.
Make sure it is kept
closed

Finish

Toilet

Toilet

