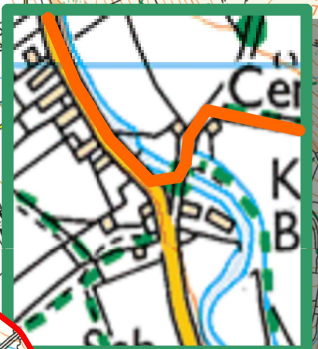
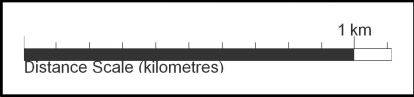


Checkpoint 5
Lose Hill Summit.
On the Trig point



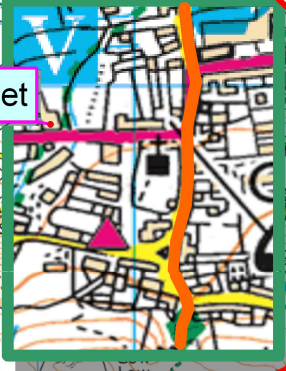
CARE: Traffic
Just after the bridge take the short footpath RIGHT then RIGHT on road



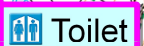
CARE
Traffic



At the road
turn RIGHT onto the footpath through the cement works

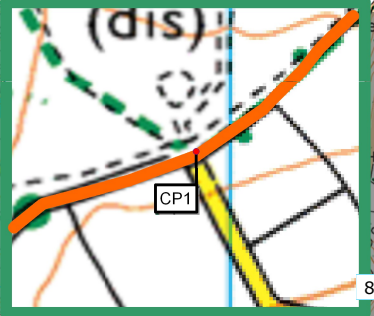


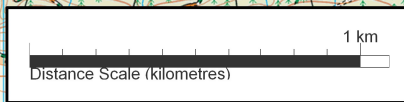
Start (P)
Flagged r
ONLY C



Checkpoint 6
By the stile join the Dirlow Rake track

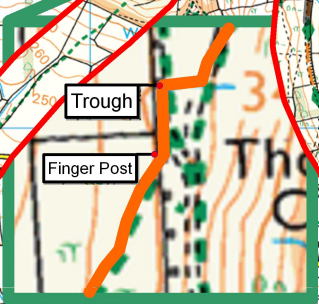
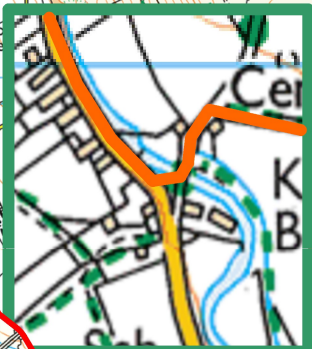
Emergency Numbers
If you have a problem we can be contacted on:
07974 983670 (Richard)
07793 634495 (Greg)
If you need urgent care you should contact the emergency services on 999





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

Checkpoint 4
On the fence line by the footpath gate

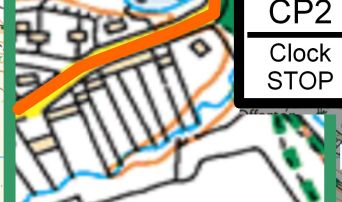


Checkpoint 3
On the gate. This RESTARTS the clock.

Checkpoint 2
At the river bridge. This STOPS the clock

CARE: Traffic
Untimed section

Start (Private land)
Flagged route- ACCESS ONLY ON THE DAY



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



Toilet

Toilet

Finish

footpath works

Toilet