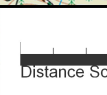
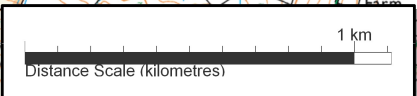


Checkpoint 5
Lose Hill Summit.
On the Trig point



Follow
water track
fork

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

CARE
Traffic

Toilet

Toilet

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

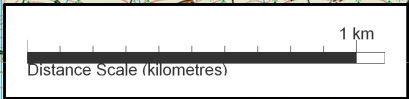
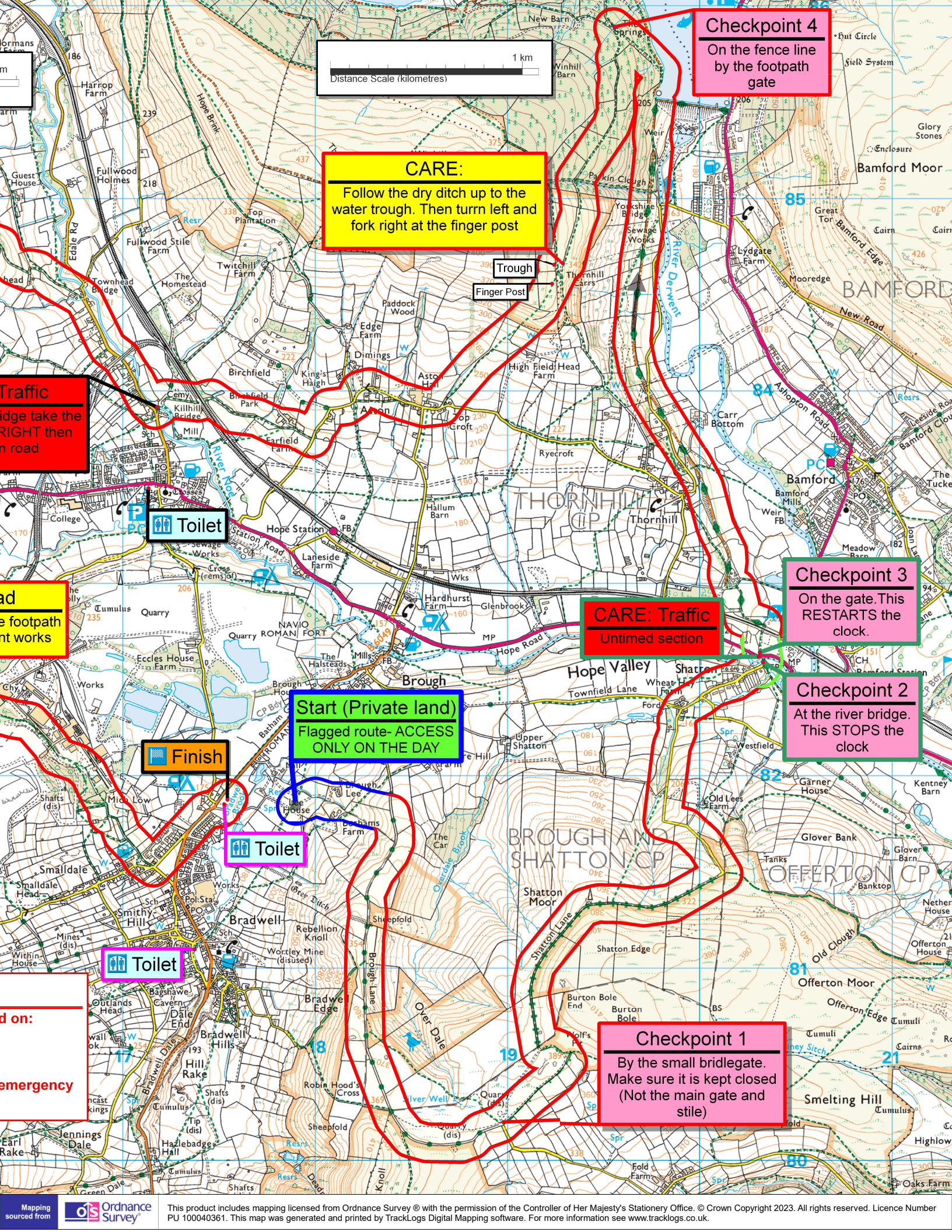
Start (Priv
Flagged route
ONLY ON

Finish

Toilet

Checkpoint 6
By the stile join 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



Checkpoint 4
On the fence line by the footpath gate

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

Traffic
Edge take the RIGHT then on road

ad
a footpath
nt works

Toilet

CARE: Traffic
Untimed section

Checkpoint 3
On the gate. This RESTARTS the clock.

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

Checkpoint 2
At the river bridge. This STOPS the clock

Finish

Toilet

d on:
emergency

Toilet

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