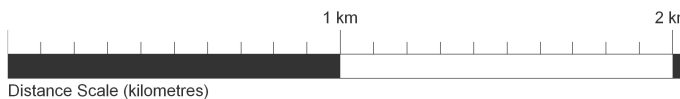


### Checkpoint 5A & 5B

Lose Hill Summit.  
On the Trig point

Punch BOTH controls



### CARE: Traffic

At the bridge take the  
short footpath RIGHT,  
then RIGHT on road

Toilet

CARE  
Traffic

Toilet

12:30pm Cut Off

After 12:30

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

Before 12:30

Finish

Toilet

### Checkpoint 6A & 6B

By the stile as you join the  
Dirtlow Rake track

Punch BOTH controls

## Emergency Numbers

If you have a problem phone us:

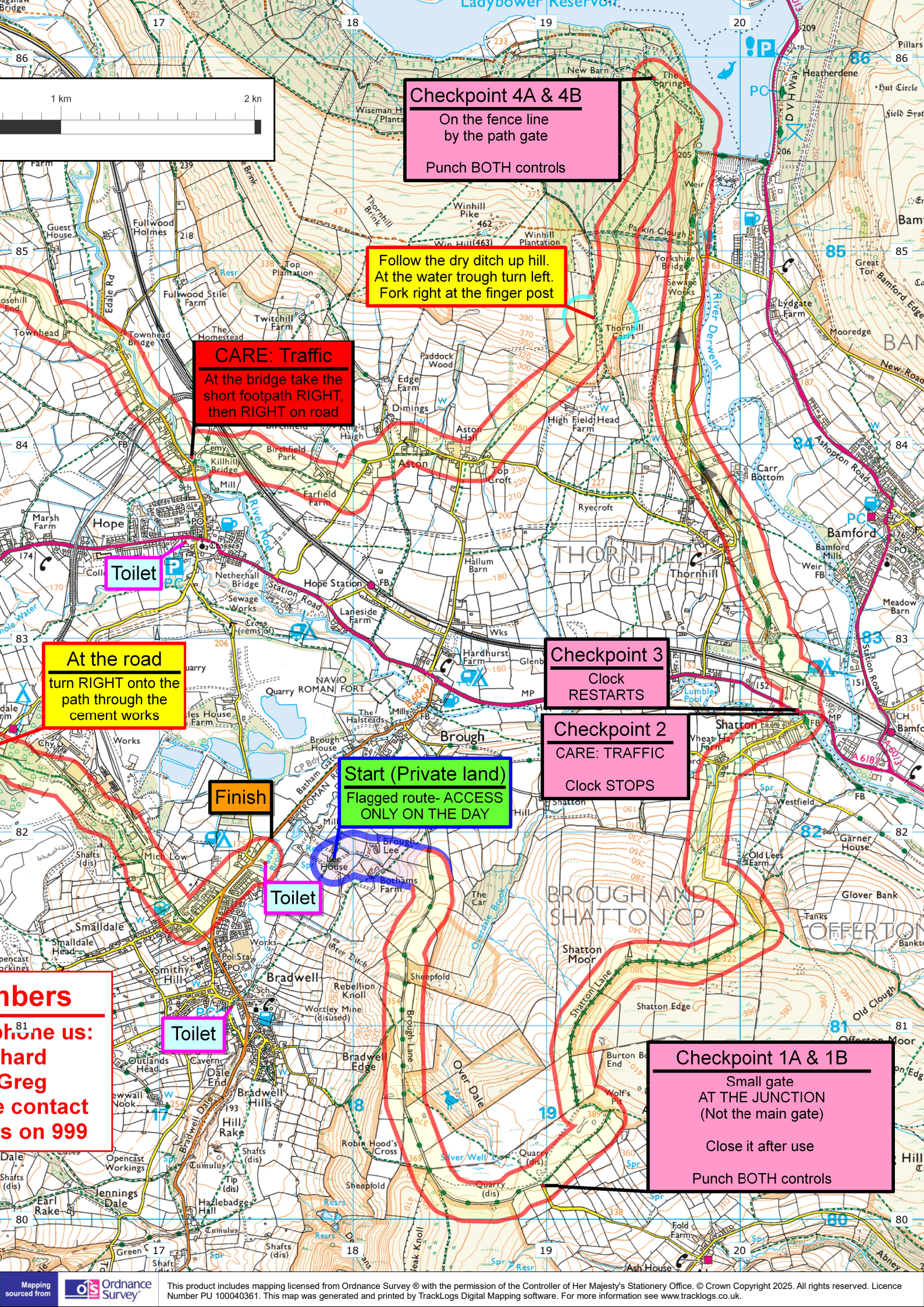
07974 983670 - Richard

07793 634495 - Greg

If you need urgent care contact  
the emergency services on 999

Toilet





**Checkpoint 4A & 4B**  
On the fence line  
by the path gate  
  
Punch BOTH controls

Follow the dry ditch up hill.  
At the water trough turn left.  
Fork right at the finger post

**CARE: Traffic**  
At the bridge take the  
short footpath RIGHT,  
then RIGHT on road

**Toilet**

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

**Checkpoint 3**  
Clock  
RESTARTS

**Checkpoint 2**  
CARE: TRAFFIC  
  
Clock STOPS

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

**Finish**

**Toilet**

**Toilet**

**Numbers**  
Phone us:  
Hard  
Greg  
Contact  
on 999

**Checkpoint 1A & 1B**  
Small gate  
AT THE JUNCTION  
(Not the main gate)  
  
Close it after use  
  
Punch BOTH controls