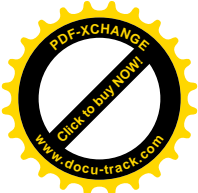
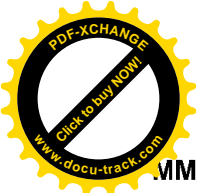


MMM 2007

S1 264271 Spelga Dam head, south-west end
S2 269273 Track, bottom part
S3 225170 Car-park
101 266253 Wall bend, north side
102 254230 Track Stream junction, north-east most
103 231242 Track, sharp bend, west most
104 223232 Summit, of Tievedockaragh
105 229224 Wall Stream junction, west side
106 215210 Fence corner
107 205199 Track bend
108 212181 Corner of Forest
109 224172 Track junction
201 228174 River Bend, west side
202 235173 Track bend
203 234187 Path Stream junction, height 285m
204 241198 Track junction
205 248201 Ford on Red Moss River
206 255204 Ford on Red Moss River
207 254209 Stream junction
208 259217 Track junction, close to stile
209 239247 Stream junction
210 246255 Track junction
211 261262 Fence corner
212 265272 Foot-bridge below Spelga Dam
213 222178 Re-entrant
214 277283 Fence junction
215 291280 Stream Path junction
216 300262 Crag foot, north-west end
217 276254 Sheep pen, inside
218 238181 Summit of Rocky Mountain
219 219172 Fence corner, west most
220 216167 Path bend
221 207172 Track bend, junction with path
222 246275 Hen Mountain, South Tor, north side
223 205176 Spur, top
224 201172 Re-entrant above forest edge
225 204169 Spur, east side
226 260227 Crag foot, north-east end
227 252247 Stream, Re-entrant bottom
228 249239 Pond on Slievemoughanmore
229 267238 Crag, north east end
230 273241 Stream bend, reentrant, bottom part
231 257271 Col between Cock & Slievenamiskan
232 240178 Re-entrant, bottom part
233 222195 Spur, top
234 226201 Re-entrant, Stream bend
235 315273 Spur, top
236 281288 Re-entrant (shallow), top part
237 315282 North Tor on Slieve Bearnagh, east side
238 312289 Re-entrant (shallow)
239 257198 Sheep-fold, west most, inside
240 236234 Stream junction





MMM 2007

Course E1, Length 29.0 km, Climb 1200 m

- Start 269273 Track, bottom part
- 1. 236 281288 Re-entrant (shallow), top part
- 2. 235 315273 Spur, top
- 3. 237 315282 North Tor on Slieve Bearnagh, east side
- . Manned
- 4. 238 312289 Re-entrant (shallow)
- 5. 103 231242 Track, sharp bend, west most
- . Manned
- 6. 240 236234 Stream junction
- 7. 207 254209 Stream junction
- . Manned
- 8. 239 257198 Sheep-fold, west most, inside
- 9. 203 234187 Path Stream junction, height 285m
- 10. 232 240178 Re-entrant, bottom part
- 11. 109 224172 Track junction

Follow tapes to Finish

MMM 2007

Course E2, Length 25.0 km, Climb 1375 m

- Start 225170 Car-park
- 1. 219 219172 Fence corner, west most
- 2. 223 205176 Spur, top
- 3. 224 201172 Re-entrant above forest edge
- . Wet Weather
- 4. 225 204169 Spur, east side
- . Wet Weather
- 5. 220 216167 Path bend
- . Wet Weather
- 6. 106 215210 Fence corner
- 7. 226 260227 Crag foot, north-east end
- . Manned

Cluster: Visit Controls 8, 9, 10 & 11 in any order after Control 7

- 8. 230 273241 Stream bend, reentrant, bottom part
- 9. 217 276254 Sheep pen, inside
- 10. 227 252247 Stream, Re-entrant bottom
- 11. 228 249239 Pond on Slievemoughanmore
- . Wet Weather

Note: Route to Control 231 via Finish prohibited

- 12. 231 257271 Col between Cock & Slievenamiskan
- 13. 212 265272 Foot-bridge below Spelga Dam

Follow tapes to Finish

MMM 2007

Course B1, Length 26.0 km, Climb 1150 m

- Start 269273 Track, bottom part
- 1. 236 281288 Re-entrant (shallow), top part
- 2. 237 315282 North Tor on Slieve Bearnagh, east side
- . Manned
- 3. 235 315273 Spur, top
- 4. 216 300262 Crag foot, north-west end
- 5. 229 267238 Crag, north east end
- 6. 240 236234 Stream junction
- 7. 207 254209 Stream junction
- . Manned
- 8. 232 240178 Re-entrant, bottom part
- 9. 109 224172 Track junction

Follow tapes to Finish

MMM 2007

Course B2, Length 19.0 km, Climb 1050 m

- Start 225170 Car-park
- 1. 213 222178 Re-entrant
- 2. 233 222195 Spur, top
- 3. 234 226201 Re-entrant, Stream bend
- 4. 226 260227 Crag foot, north-east end
- . Manned

Cluster: Visit Controls 5, 6, 7 & 8 in any order after Control 4

- 5. 228 249239 Pond on Slievemoughanmore
- . Wet Weather
- 6. 227 252247 Stream, Re-entrant bottom
- 7. 217 276254 Sheep pen, inside
- 8. 230 273241 Stream bend, reentrant, bottom part

Note: Route to Control 231 via Finish prohibited

- 9. 231 257271 Col between Cock & Slievenamiskan
- 10. 212 265272 Foot-bridge below Spelga Dam

Follow tapes to Finish

MMM 2007

Course C1, Length 19.0 km, Climb 700 m

- Start 269273 Track, bottom part
- 1. 214 277283 Fence junction
- 2. 215 291280 Stream Path junction
- 3. 216 300262 Crag foot, north-west end
- 4. 217 276254 Sheep pen, inside
- . Manned
- 5. 102 254230 Track Stream junction, north-east most
- 6. 207 254209 Stream junction
- . Manned
- 7. 206 255204 Ford on Red Moss River
- 8. 218 238181 Summit of Rocky Mountain
- 9. 109 224172 Track junction

Follow tapes to Finish

MMM 2007

Course C2, Length 16.0 km, Climb 770 m

- Start 225170 Car-park
- 1. 219 219172 Fence corner, west most
- 2. 220 216167 Path bend
- . Wet Weather
- 3. 221 207172 Track bend, junction with path
- . Wet Weather
- 4. 108 212181 Corner of Forest
- 5. 106 215210 Fence corner
- 6. 104 223232 Summit, of Tievedockaragh
- . Manned
- 7. 103 231242 Track, sharp bend, west most
- 8. 222 246275 Hen Mountain, South Tor, north side
- . Wet Weather
- 9. 231 257271 Col between Cock & Slievenamiskan
- 10. 212 265272 Foot-bridge below Spelga Dam

Follow tapes to Finish

MMM 2007

Course D1, Length 18.5 km, Climb 530 m

- Start 264271 Spelga Dam head, south-west end
- 1. 101 266253 Wall bend, north side
- 2. 102 254230 Track Stream junction, north-east most
- 3. 103 231242 Track, sharp bend, west most
- . Manned
- 4. 104 223232 Summit, of Tievedockaragh
- 5. 105 229224 Wall Stream junction, west side
- 6. 106 215210 Fence corner
- 7. 107 205199 Track bend
- 8. 108 212181 Corner of Forest
- 9. 109 224172 Track junction

Follow tapes to Finish

MMM 2007

Course D2, Length 15.0 km, Climb 750 m

- Start 225170 Car-park
- 1. 201 228174 River Bend, west side
- 2. 202 235173 Track bend
- 3. 203 234187 Path Stream junction, height 285m
- 4. 204 241198 Track junction
- 5. 205 248201 Ford on Red Moss River
- 6. 206 255204 Ford on Red Moss River
- 7. 207 254209 Stream junction
- . Manned
- 8. 208 259217 Track junction, close to stile
- 9. 209 239247 Stream junction
- . Wet Weather
- 10. 210 246255 Track junction
- . Wet Weather
- 11. 211 261262 Fence corner
- 12. 212 265272 Foot-bridge below Spelga Dam

Follow tapes to Finish