D

Day 1

Code	START	Description	Grid	
	START	Gate at bottom of field	194 158	
100	1	Top of field	195 161	
113	2	Track junction, SE most	188 169	
114	3	Cloughmore stone, N side	191 172	Cut-off 12:00
101	4	Bridge at track bend	196 177	
118	5	Track bend	204 200	
119	6	River stream junction	222 191	Cut-off 15:00
130	7	Stream junction, N most	231 227	
132	8	Stile at Windy Gap	246 236	
115	9	Wall meets river	262 212	
129	10	Gate on track	263 209	
	FINISH	Follow tapes to finish at overnight camp	263 207	

18.5km / 730m Punch and download
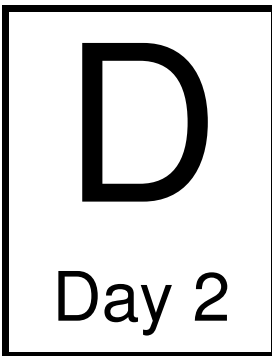
All markers to be visited in sequence (by both team members)

All retirements to be reported as soon as possible. Phone 07711 118035

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D

Day 2

Code	START	Description	Grid	
	START	Gate on track	263 209	
137	1	Stream bend	252 199	
120	2	Stream bend (map correction), past track end	238 208	
136	3	Finlieve cairn (100m S of true top)	236 203	
138	4	Track junction	239 199	
144	5	Path stream junction	234 187	
119	6	River stream junction	222 191	
131	7	Bend in old track	207 179	Cut-off 14:30
102	8	Fence corner/junction	202 181	
125	9	Track meets fence/wall	198 167	
112	10	Corner of forest (stile)	196 161	
	FINISH	Follow tapes to finish at bottom of field	192 158	

12.7km / 730m Punch, you've finished, follow signs to download at Centre

All markers to be visited in sequence (by both team members)

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