			Description	Ordel	
			Description	Grid	
_	Code	START	Car park at Ben Crom dam	314 254	
- 1	201	1	First stream bend below Cove Lough	336 262	
	202	2	Track/stream junction	336 274	
	203	3	Stream bend	348 275	
	204	4	Spur/knoll top above crag, SW most	340 299	
	205	5	Stream bend	333 302	
	206	6	South tor, west side	313 278	
com	207	7	Sheepfold (quarry mans hut)	304 296	
_	208	8	Stile at col	297 274	Cut-off 16:00
-ĭ	209	9	Stream junction	285 256	
	210	10	Track end near river	285 274	
	211	11	Top of Spelga	265 281	
	212	12	Track end at river	253 276	Cut-off 18:30
	213	Any order	Flat step on SW shoulder of Cock Mountain	250 264	
	214	Any order	Stream junction, S most	242 267	
	215	Any order	Foot of W Tor, N side	243 275	
	216	16	Stream(ditch) junction with Rocky river	236 272	
	_	FINISH	Follow tapes to punch at Download Tent	235 274	



Day

ww.mourne2day.c

ELITE

30.2km / 2180m

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

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991





Lowe Alpine
Mourne Mountain Marathon 2010



	Description	Grid	
START	SE of ditch near Rocky river	237 272	
Any order	Cock, SW top	<del>252 266</del>	<b>,</b>
Any order	W top of Tornamrock	<del>232 252</del>	
Any order	Stile at Windy Gap	<del>246 236</del>	
Any order	Track end	257 255	Cut-off 11:00
Any order	Pond on spur	257 245	
6	Faint spur/ridge W of pond	263 233	<b>.</b>
7	Reentrant above stream source	275 242	<b>.</b>
8	Wall at foot of crag	284 260	Cut-off 14:00
9	Stream bend above gorge	300 254	
10	Stream junction, E most	327 236	
11	Crag/quarry foot above track junction	322 226	<b>,</b>
12	Wall bend, inside	311 216	<b>,</b>
FINISH	Finish at Marquee, punch and download	306 213	<b>,</b>

25.0km / 1290m

♫ For official use All markers to be visited in sequence (by both team members) except where stated

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991



Lowe Alpine **Mourne Mountain Marathon 2010** 



Description G
---------------

<b>Code</b> START Road path junction above Silent valley cafe 307 214	
228 1 Wall bend, inside 311 216	
227 2 Crag/quarry foot above track junction 322 226	
226 3 Stream junction, E most 327 236	
229 4 Gully/cliff top 318 269	
207 5 Sheepfold (quarry mans hut) 304 296	
208 6 Stile at col 297 274	
210 7 Track end near river 285 274 Cu	ut-off 16:30
211 8 Top of Spelga 265 281	
212 9 Track end at river 253 276 Cu	ut-off 18:00
213 Any order Flat step on SW shoulder of Cock Mountain 250 264	
214 Any order Stream junction, S most 242 267	
215 Any order Foot of W Tor, N side 243 275	
216 13 Stream(ditch) junction with Rocky river 236 272	
FINISH Follow tapes to punch at Download Tent 235 274	11

23.6km / 1540m

Ja

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

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991

221

222

223

224

225

230

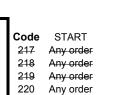
232 211

212

213

215





Any order

6

7

8

9

10

Lowe Alpine

Description	Grid
SE of ditch near Rocky river	237 272
Cock, SW top	<del>252 266</del>
W top of Tornamrock	<del>232 252</del>
Stile at Windy Gap	<del>246 236</del>
Track end	257 255
Pond on spur	257 245
Faint spur/ridge W of pond	263 233
Reentrant above stream source	275 242
Wall at foot of crag	284 260
Stream bend above gorge	300 254
Top of spur	299 223
h at Marquee, punch and download	306 213

FINISH Finish at Marquee, punch and download

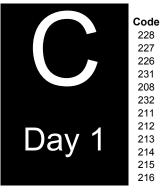
22.0km / 1000m For official use

All markers to be visited in sequence (by both team members) All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991

Lowe Alpine



d



Mourne	Marathon	2010

**Mourne Mountain Marathon 2010** 

Description	Grid
Silent valley cafe	307 214

JACKSON

	Description	Ona	
START	Road path junction above Silent valley cafe	307 214	
1	Wall bend, inside	311 216	
2	Crag/quarry foot above track junction	322 226	
3	Stream junction, E most	327 236	
4	Large 'island' in Ben Crom river, top end	307 256	
5	Stile at col	297 274	Cu
6	E side of pond	274 289	
7	Top of Spelga	265 281	
8	Track end at river	253 276	Cu
Any order	Flat step on SW shoulder of Cock Mountain	250 264	
Any order	Stream junction, S most	242 267	
Any order	Foot of W Tor, N side	243 275	
12	Stream(ditch) junction with Rocky river	236 272	
FINISH	Follow tapes to punch at Download Tent	235 274	

### 18.3km / 1290m

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

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991













5

ACKSON

Cut-off 11:30

5 5 Cut-off 15:00

5



#### Description Grid

SE of ditch near Rocky river 237 272 232 252 W top of Tornamrock Pond on spur 257 245 257 255 Track end Wall at foot of crag 284 260 Wall corner, top of Muck 281 250 Top of gully, Muck <del>277 239</del> Path/track junction 292 235 Top of spur 299 223 Corner of forest at road 308 216 306 213 Finish at Marquee, punch and download

5

Cut-off 12:00 Cut-off 14:00 7 7





Description

Wall corner, top of Muck

Wall at foot of crag

Path/track junction

Corner of forest at road

Track end

Track end

Top of spur

#### 236 9 FINISH For official use All markers to be visited in sequence (by both team members) All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991 Lowe Alpine

# **Mourne Mountain Marathon 2010**

		Description	Grid
Code	START	Car park at Ben Crom dam	314 254
237	1	Track/stream junction	329 277
202	2	Track/stream junction	336 274
238	3	Summit of Slieve Beg	340 276
239	4	Stile	324 290
240	5	Track bend (old)	317 296
208	6	Stile at col	297 274
210	7	Track end near river	285 274
232	8	E side of pond	274 289
212	9	Track end at river	253 276
216	10	Stream(ditch) junction with Rocky river	236 272
	FINISH	Follow tapes to punch at Download Tent	235 274

19.1km / 940m

av

16.5km / 700m

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

Code

218

221

220

224

233

234

235

230

START

1

2

3

4

5

6

7

8

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991



## Lowe Alpine **Mourne Mountain Marathon 2010**



Grid

237 272

248 257

257 255

281 250

284 260

295 264

292 235

299 223

308 216

Cut-off 11:00
<b>∄</b> Cut-off 13:30
<b>4</b>

Cut-off 15:30

Cut-off 18:30



# 2 Jay

START SE of ditch near Rocky river Stream entering Lough Shannagh

14.4km / 630m

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

All retirements to be reported to start/finish as soon as possible. Phone 07596 455 991 Lowe Alpine



Mourne Mountain Marathon 2010

FINISH Finish at Marquee, punch and download

