

C

Day 1

Code	START			
231	1	Road junction	348 324	
216	2	Old boundary corner	354 321	
203	3	Stream bend	335 308	
209	4	Track bend (old)	317 296	
204	5	Wall at Hares' Gap	322 286	Cut-off 13.00
212	6	Wall bend at summit	312 280	
230	7	Blue Lough, south tip	327 251	
237	8	Wall bend, path junction	341 251	Cut-off 16.00
242	9	Crag foot	354 253	
244	10	Spur top, south-east end	374 279	
		River junction	381 269	

20.0km / 1150m

Follow tapes to Finish and punch
Follow tapes to Download Tent
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 2009



C

Day 2

Code	START			
243	1	Field at campsite	385 270	
236	2	Track end at river	377 269	
226	3	Hill, south-west side	360 260	♪
225	4	Crag foot, middle part	348 269	
218	5	Wall at col	349 279	Cut-off 10.30
209	6	Wall bend	337 286	♪
207	7	Wall at Hares' Gap	322 286	Cut-off 12.00
232	8	Stream bend	329 303	
222	9	Path bend	350 313	
		Lake, south tip	345 321	

16km / 850m

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Follow tapes to Finish at Marquee
Punch at Finish and Download
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Lowe Alpine
Mourne Mountain Marathon 2009



B

Day 2

Code	START			
244	1	Field at campsite	385 270	
238	2	River junction	381 269	
234	3	Stream source	364 286	♪
225	4	Spur top above crag	353 282	♪
224	5	Wall at col	349 279	Cut-off 10.30
209	6	Stream bend, north-east most	340 284	
203	Any order	Wall at Hares' Gap	322 286	Cut-off 12.00
207	Any order	Track bend (old)	317 296	
216	Any order	Stream bend	329 303	
218	Any order	Stream bend	335 308	
223	Any order	Wall bend	337 286	♪
231	Any order	Wall bend, north-eastern most	349 301	
220	Any order	Old boundary corner	354 321	
		Stone Chair monument	346 325	
			347 325	

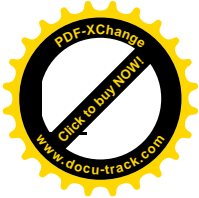
19.0km / 1100m

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Finish at Marquee
Punch at Finish and Download
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 2009





B

Day 1

Code	START			
221	1	Road junction	348 324	
232	2	Between ponds	349 322	
213	3	Path bend	350 313	
230	4	Crag foot, east end	329 253	
228	5	Wall bend, path junction	341 251	Cut-off 13.30
210	6	Stream junction	341 258	
209	7	Stream junction	325 283	
217	8	Wall at Hares' Gap	322 286	Cut-off 16.00
233	9	Southern most spur, bottom part	333 295	
242	10	Reentrant	350 291	
244	11	Spur top, south-east end	374 279	
		River junction	381 269	

24.0km / 1570m

Follow tapes to Finish and punch
 Follow tapes to Download Tent
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Lowe Alpine
 Mourne Mountain Marathon 2009



D

Day 1

Code	START			
222	1	Road junction	348 324	
215	2	Lake, south tip	345 321	
216	3	Wall, old boundary junction	337 311	
207	4	Stream bend	335 308	
203	5	Stream bend	329 303	
209	6	Track bend (old)	317 296	
211	7	Wall at Hares' Gap	322 286	Cut-off 13.00
212	8	Ben Crom, north east tip	324 272	
230	9	Blue Lough, south tip	327 251	
235	10	Wall bend, path junction	341 251	Cut-off 16.00
243	11	Wall path junction	353 267	
244	12	Track end at river	377 269	
		River junction	381 269	

19km / 950m

Follow tapes to Finish and punch
 Follow tapes to Download Tent
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Lowe Alpine
 Mourne Mountain Marathon 2009



D

Day 2

Code	START			
243	1	Field at campsite	385 270	
239	2	Track end at river	377 269	
225	3	Crag foot	360 269	
218	4	Wall at col	349 279	Cut-off 10.30
209	5	Wall bend	337 286	♪
202	6	Wall at Hares' Gap	322 286	Cut-off 12.00
201	7	Stream junction	317 292	
206	8	Stream junction, southern most	312 299	
214	9	Track river junction	322 318	
222	10	Stream bend, east side	336 318	
		Lake, south tip	345 321	

16km / 650m

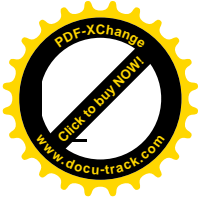
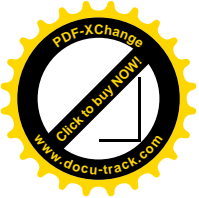
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 Punch at Finish and Download

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



Lowe Alpine
 Mourne Mountain Marathon 2009





Elite Class Day 1

27.0km / 1900m

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

Code	START				
221	1		Road junction	348 324	
232	2		Between ponds	349 322	
213	3		Path bend	350 313	
230	4		Crag foot, east end	329 253	
229	5		Wall bend, path junction	341 251	Cut-off 13.30
205	6		Crag foot, middle part	345 258	
209	7		Small tor, western most, north side	313 278	
208	8		Wall at Hares' Gap	322 286	Cut-off 16.00
217	9		Spur, north side	321 295	
233	10		Southern most spur, bottom part	333 295	
241	11		Reentrant	350 291	
244	12		Old path bend	369 269	
			River junction	381 269	

Follow tapes to Finish and punch

Follow tapes to Download Tent



Low e Alpine Mourne Mountain Marathon 2009



Elite Class

Day 2

24.5km / 1250m

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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

Code	START				
243	1		Field at campsite	385 270	
240	2		Track end at river	377 269	
227	3		Path bend, north-western most	363 255	
238	4		Reentrant	348 267	
234	5		Stream source	364 286	♪
225	6		Spur top above crag	353 282	♪
224	7		Wall at col	349 279	Cut-off 10.30
219	8		Stream bend, north-east most	340 284	
209	9		Stream bend, west most	330 277	
203	Any order		Wall at Hares' Gap	322 286	Cut-off 12.00
207	Any order		Track bend (old)	317 296	
216	Any order		Stream bend	329 303	
218	Any order		Stream bend	335 308	
223	Any order		Wall bend	337 286	♪
231	Any order		Wall bend, north-eastern most	349 301	
220	Any order		Old boundary corner	354 321	
			Stone Chair monument	346 325	
				347 325	

Finish at Marquee

Punch at Finish and Download



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