• •	No			Description	Grid	Ht(m)	Le	g	
	H56	Code	START	Wall meets minor road (stile)	270 253	370	Distance		
500	R61	147	Any order	Boulder/small tor, SW side	235 247	380			
408	H10	144	Any order	Stream junction	249 259	310			
	P37	141	Any order	Track junction	265 227	350			
	H42	140	Any order	Wall bend, N side	266 253	450			
MOURNE	P36	139	Any order	Boulder(s) below small crag	267 241	380			
MOUNTAIN MARATHON	P33	138	Any order	Small crag, base	267 247	400			
www.mourne2day.com	H80	137	7	Between roads, just N of Y junction	271 253	370	11.3	520	Cut-off 14:30
2022	K32	133	8	Small pond, NE most	280 246	610	1.3	250	
	B43	116	9	Boulder	320 267	280	5.3	130	
Elite	L62	110	10	Track bend	334 254	320	3.2	310	
	N79	111	11	Small loop in southmost stream branch	328 246	300	1.1	10	
	N36	118	12	Track junction	314 227	340	2.7	330	
Day 1	V74	119	13	Slight wall bend at 315m contour, W side	312 216	315	1.1	20	
	V09	120	14	Stile	308 213	150	0.6	0	
	V30	F1	FINISH	Follow tapes to finish at building	307 214	140	0.2	0	
26.8km / 1570m				Punch at finish and download					

All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503







MOUNTAIN SPORTS &

S WATERSPORTS SPECIALISTS

	No			Description	Grid	Ht(m)	Leg	1	
	V78	Code	START	Track bend 100m W of stile (Memorial)	307 213	130 (Distance	Climb	
600	V77	122	1	Wall W of track bend (large stile)	302 210	160	0.9	30	
498	V76	123	2	Track wall junction (stile)	297 222	260	1.3	100	
	V75	124	3	Subsidiary top	294 230	385	0.9	130	
	V71	126	Any order	Small pond E of river, NE most	289 234	250	0.8	0	
MOURNE	K36	129	Any order	Small pond just W of river	287 233	240	0.3	0	
MOUNTAIN MARATHON	V79	127	Any order	Small pond		240	0.2	10	
www.mourne2day.com 2022	K34	135	7	Boulder just W of re-entrant	277 231	340	1.2	110	
2022	K35	134	8	NE base of crag		590	1.2	250	
	K23	130	9	Boulder below gully in cliff	283 254	540	1.4	30	
	V42	121	10	NE base of summit tor	302 262	570	2.3	180	
Elite	C36	107	Any order	Small crag, base	344 292	540	6	270	
	D08	106	Any order	Wall path junction, stile	353 267	530	2.9	210	Cut-off 16:30
Day 2	D33	103	13	Track forest junction, stile (actually a gate)	375 291	190	3.5	30	
	D36	101	14	Track junction (bottom of Bogie Line)	379 295	50	0.6	0	
-	D35	104	15	Track (end), at stream	374 298	50	0.6	0	
	D37	F2	FINISH	Follow tapes to finish	374 302	20	0.4	0	
24.5km / 1350m				Punch at finish and download					

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All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503





	No			Description	Grid	Ht(m)	Leg	g		
	H56	Code	START	Wall meets minor road (stile)	270 253	370	Distance	Climb		
500 19 2	R61	147	Any order	Boulder/small tor, SW side	235 247	380				
498	R14	146	Any order	Col at Windy Gap (stile)	246 236	410				
	H10	144	Any order	Stream junction	249 259	310				
	H42	140	Any order	Wall bend, N side	266 253	450				
MOURNE	P36	139	Any order	Boulder(s) below small crag	267 241	380				
MOUNTAIN MARATHON	P33	138	Any order	Small crag, base	267 247	400				
www.mourne2day.com	H80	137	7	Between roads, just N of Y junction	271 253	370	9.9	500	Cut-off	15:00
2022	K32	133	8	Small pond, NE most	280 246	610	1.3	250		
	B04	117	9	SE end of Ben Crom dam	315 254	250	4.4	40		
B Dav 1	N76	114	10	Quarry hut at end of track	325 229	510	3.6	400		
D Day I	V74	119	11	Slight wall bend at 315m contour, W side	312 216	315	2	50		
	V09	120	12	Stile	308 213	150	0.6	0		
	V30	F1	FINISH	Follow tapes to finish at building	307 214	140	0.2	0		
22.0km / 1240m				Punch at finish and download						

All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503



MOURNE
MOUNTAIN MARATHON
SINCE 1979

	No			Description	Grid	Ht(m)	Leg	7	
	V78	Code	START	Track bend 100m W of stile (Memorial)	307 213	130	Distance	Climb	
	V77	122	1	Wall W of track bend (large stile)	302 210	160	0.9	30	
2408	V76	123	2	Track wall junction (stile)	297 222	260	1.3	100	
	V71	126	Any order	Small pond E of river, NE most	289 234	250	1.7	40	
	K36	129	Any order	Small pond just W of river	287 233	240	0.3	0	
MOURNE	K35	134	5	NE base of crag	279 242	590	1.3	350	
MOUNTAIN MARATHON	K23	130	6	Boulder below gully in cliff	283 254	540	1.4	30	
www.mourne2day.com	V42	121	7	NE base of summit tor	302 262	570	2.3	180	
2022	L08	109	8	Track stream junction near col	336 274	500	4.2	290	
	D08	106	9	Wall path junction, stile	353 267	530	1.9	170	Cut-off 16:30
D Day 2	D33	103	10	Track forest junction, stile (actually a gate)	375 291	190	3.5	30	
B Day 2	D36	101	11	Track junction (bottom of Bogie Line)	379 295	50	0.6	0	
	D35	104	12	Track (end), at stream	374 298	50	0.6	0	
	D37	F2	FINISH	Follow tapes to finish	374 302	20	0.4	0	
20.4km / 1220m				Punch at finish and download					

JAC

All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503







N MOUNTAIN SPORTS & WATERSPORTS SPECIALISTS

	No			Description	Grid	Ht(m)	Leo	3	
	H56	Code	START	Wall meets minor road (stile)	270 253	370	Distance	Climb	
	R61	147	Any order	Boulder/small tor, SW side	235 247	380			
AOR	R14	146	Any order	Col at Windy Gap (stile)	246 236	410			
	H20	145	Any order	Track junction	246 255	290			
171	H42	140	Any order	Wall bend, N side	266 253	450			
MALIENE	P36	139	Any order	Boulder(s) below small crag	267 241	380			
	P33	138	Any order	Small crag, base	267 247	400			
www.mourne2day.com	H80	137	7	Between roads, just N of Y junction		370	9.6	500	Cut-off 16:00
2022	K32	133	8	Small pond, NE most	280 246	610	1.3	250	
2022	K33	136	9	Knoll on ridge	276 238	595	0.9	10	
	K27	132	10	Sheepfold	280 233	320	0.7	0	
	K36	129	11	Small pond just W of river	287 233	240	0.7	0	
$C D_{2} \sqrt{1}$	V71	126	12	Small pond E of river, NE most	289 234	250	0.3	10	
	V75	124	13	Subsidiary top	294 230	385	0.8	140	
	V76	123	14	Track wall junction (stile)		260	0.9	0	
	V77	122	15	Wall W of track bend (large stile)	302 210	160	1.3	0	
	V30	F1	FINISH	Follow tapes to finish at building	307 214	140	1	10	
17.5km / 920m				Punch at finish and download					

17.5KM / 920M

All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503







	No			Description	Grid	Ht(m)	Le	9	
	V78	Code	START	Track bend 100m W of stile (Memorial)	307 213	130	Distance	Climb	
	V74	119	1	Slight wall bend at 315m contour, W side	312 216	315	0.7	190	
	N36	118	2	Track junction	314 227	340	1.1	60	
URNE	N76	114	3	Quarry hut at end of track	325 229	510	1.1	170	
IN MARATHON	L11	113	4	Base of slabs, S end	325 261	560	3.8	310	
rne2day.com	D08	106	5	Wall path junction, stile	353 267	530	3.9	200	Cut-off 16:00
2022	D33	103	6	Track forest junction, stile (actually a gate)	375 291	190	3.5	30	
ay 2	D36	101	7	Track junction (bottom of Bogie Line)	379 295	50	0.6	0	
	D35	104	8	Track (end), at stream	374 298	50	0.6	0	
	D37	F2	FINISH	Follow tapes to finish	374 302	20	0.4	0	

Punch at finish and download

15.7km / 960m

www.mour

All markers to be visited in sequence (by both team members) except where stated. All retirements to be reported as soon as possible. Phone 07845 659 503







	No			Description	Grid	Ht(m)	Leç	3	
	H56	Code	START	Wall meets minor road (stile)	270 253	370	Distance	Climb	
	H42	140	1	Wall bend, N side	266 253	450	0.5	80	
	P04	142	2	Wall corner, top of Pigeon Rock	261 250	534	0.6	90	
	P30	143	3	Col (stile)	255 242	390	1.1	0	
MALINE	H20	145	4	Track junction	246 255	290	1.6	0	
MOUNTAIN MARATHON	H10	144	5	Stream junction	249 259	310	0.5	20	
www.mourne2day.com	H80	137	6	Between roads, just N of Y junction	271 253	370	2.5	100	Cut-off 14:00
2022	K11	131	7	Wall junction, top of Slieve Muck	281 250	670	1	310	
	K10	128	8	Wall corner, top of Carn	288 260	585	1.5	60	
D Day 1	V14	125	9	Track corner, faint junction	292 235	280	2.8	10	
DDay I	V76	123	10	Track wall junction (stile)	297 222	260	1.7	20	
	V77	122	11	Wall W of track bend (large stile)	302 210	160	1.3	0	
	V30	F1	FINISH	Follow tapes to finish at building	307 214	140	1	10	
16.1km / 700m				Punch at finish and download					

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

All retirements to be reported as soon as possible. Phone 07845 659 503



	No
	V78
	V74
	N82
17	N74
MOURNE	A01
MOUNTAIN MARATHON	D08
www.mourne2day.com	C94
2022	D33
D Day 2	D36
	D35
	D37

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MOURNE
MOUNTAIN MARATHON
SINCE 1979

	SINCE 1979						
		Description	Grid	Ht(m)	Le	g	
Code	START	Track bend 100m W of stile (Memorial)	307 213	130	Distance	Climb	
119	1	Slight wall bend at 315m contour, W side	312 216	315	0.7	190	
115	2	Track junction	324 224	315	1.6	50	
112	3	Wall junction	329 239	430	2.1	200	
108	4	Wall path junction	341 251	250	1.9	30	
106	5	Wall path junction, stile	353 267	530	2.4	280	Cut-off
105	6	Corner of forest, just off track	356 290	320	2.8	50	
103	7	Track forest junction, stile (actually a gate)	375 291	190	2.1	30	
101	8	Track junction (bottom of Bogie Line)	379 295	50	0.6	0	
104	9	Track (end), at stream	374 298	50	0.6	0	
F2	FINISH	Follow tapes to finish	374 302	20	0.4	0	

JACK

SP0

15.2km / 830m

All markers to be visited in sequence (by both team members) All retirements to be reported as soon as possible. Phone 07845 659 503





Punch at finish and download



ON SPORTS & WATERSPORTS SPECIALISTS

15:00