

MINI MOUNTAIN MARATHON SERIES 2020



MapRunF Virtual Charity Challenge - 4 hour time limit

Mini Mountain Marathon
Series 2020

No.	Feature	Value
Start	Footbridge	
1	Wall – path junction	20
2	Wall junction - East side of wall	20
3	Wall corner - East side	20
4	Top of Crag - West side	20
5	Path junction	20
6	Northern Cairn – closer to wall than on map	20
7	Path junction	20
8	Sheepfold - South side	20
9	Footbridge	20
10	Path junction	20
11	Sheepfold - North East corner	20
12	Wall corner	20
13	Path junction	20
14	North Cairn on top - South side	20
15	Stream junction	20
16	Path junction	20
17	Footbridge	20
18	Sheepfold - South East side	20
19	Bend in footpath	20
20	Top of hill slightly - North West of footpath	20
21	Top of hill	20
22	Bend in footpath – in saddle	20
Finish	Car Park	Total 440

Park at Lanthwaite Wood National Trust car park, Loweswater (NY148214)

Start at Footbridge over outflow from Crummock water (NY151208)

Finish in the middle of the car park

LATENESS PENALTIES: 10 points per min

It is essential that you fully respect the Country Code and that unless you are on Open Access land, you only use permitted rights of way (footpaths) over farmland and private land. Please do not climb over walls. There are unmarked fences in this area with crossing points. Please use these where possible. Do not damage fences.

There is a busy road in this area – please take care crossing the road. This event includes high, rough mountain terrain – please take extreme care near vertical rock faces and crags, do not take unnecessary risks.

The Fell Runners Association have confirmed that their insurance policies do not cover individuals who are out for a run in their own time. Therefore, anyone undertaking this virtual Charity Challenge is doing so in their own time, run at their own risk and the Kong Mini Mountain Marathons organisers take no responsibility for any damage or injury whilst participating.

For Mountain Rescue dial 999 or 112 and ask for Police, then Mountain Rescue.

If you have enjoyed this virtual charity challenge, please make a donation to the Cockermonth Mountain Rescue Team on our behalf.