**MapRunF Virtual Charity Challenge - 4 hour time limit**

MINI MOUNTAIN MARATHON SERIES 2020

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| **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 Cockermouth Mountain Rescue Team on our behalf.**