

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### **A COURSE: DAY 1**

**Distance: 39km      Height Gain: 1800m**

**Number   Code   Control.Description**

**Start   START** *Start triangle symbol*

- |    |     |                                |
|----|-----|--------------------------------|
| 1  | 201 | Spur, top of                   |
| 2  | 203 | Spur, top of                   |
| 3  | 204 | Sheepfold, north side          |
| 4  | 228 | Eastern stream bend            |
| 5  | 230 | Boulder, east side (5m)        |
| 6  | 251 | Ruined wall, south east corner |
| 7  | 254 | Spur, top of                   |
| 8  | 255 | Sheepfold, north end           |
| 9  | 256 | Ruin, north east corner        |
| 10 | 257 | Re-entrant, upper part         |
| 11 | 243 | Knoll, south side              |
| 12 | 247 | Crag, south tip (5m)           |
| 13 | 250 | Ruin, south corner             |

**Finish   FINISH** *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

A COURSE: DAY 2

Distance: 25km      Height Gain: 1000m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |   |     |                          |
|---|-----|--------------------------|
| 1 | 231 | Summit                   |
| 2 | 241 | Cairn, north side        |
| 3 | 238 | Middle knoll, top of     |
| 4 | 234 | Ruined wall, east corner |
| 5 | 233 | Summit                   |
| 6 | 228 | Eastern stream bend      |
| 7 | 226 | Sheepfold                |
| 8 | 216 | Re-entrant               |
| 9 | 211 | Bridge, south west end   |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### **B COURSE: DAY 1**

Distance: 27km      Height Gain: 1000m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |    |     |                          |
|----|-----|--------------------------|
| 1  | 212 | Cairn, north side        |
| 2  | 219 | Forest, south corner     |
| 3  | 225 | Northern crag foot (15m) |
| 4  | 227 | Pond, east side          |
| 5  | 237 | Crag foot (5m)           |
| 6  | 234 | Ruined wall, east corner |
| 7  | 246 | Between southern knolls  |
| 8  | 244 | Spur, south west tip     |
| 9  | 248 | Cairn, north side        |
| 10 | 231 | Summit                   |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

**B COURSE: DAY 2**

**Distance: 24km      Height Gain: 1000m**

**Number   Code   Control Description**

Start   START *Start triangle symbol*

- |   |     |                        |
|---|-----|------------------------|
| 1 | 239 | Stream                 |
| 2 | 236 | Summit                 |
| 3 | 233 | Summit                 |
| 4 | 228 | Eastern stream bend    |
| 5 | 224 | Wall bend              |
| 6 | 204 | Sheepfold, north side  |
| 7 | 205 | Cairn, north side      |
| 8 | 211 | Bridge, south west end |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### C COURSE: DAY 1

Distance: 21km      Height Gain: 1000m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |   |     |                        |
|---|-----|------------------------|
| 1 | 211 | Bridge, south west end |
| 2 | 217 | Wall, west side        |
| 3 | 218 | Bridge, north end      |
| 4 | 224 | Wall bend              |
| 5 | 229 | O.S. trig pillar       |
| 6 | 233 | Summit                 |
| 7 | 236 | Summit                 |
| 8 | 241 | Cairn, north side      |
| 9 | 231 | Summit                 |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### C COURSE: DAY 2

Distance: 18km      Height Gain: 600m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |   |     |                          |
|---|-----|--------------------------|
| 1 | 240 | Cairn, north side        |
| 2 | 237 | Crag foot (5m)           |
| 3 | 225 | Northern crag foot (15m) |
| 4 | 221 | Boulder, north side (5m) |
| 5 | 219 | Forest, south corner     |
| 6 | 212 | Cairn, north side        |
| 7 | 211 | Bridge, south west end   |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### ELITE COURSE: DAY 1

Distance: 47km      Height Gain: 2500m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |    |     |                            |
|----|-----|----------------------------|
| 1  | 202 | Ruin (small)               |
| 2  | 203 | Spur, top of               |
| 3  | 204 | Sheepfold, north side      |
| 4  | 213 | Summit                     |
| 5  | 216 | Re-entrant                 |
| 6  | 226 | Sheepfold                  |
| 7  | 228 | Eastern stream bend        |
| 8  | 230 | Boulder, east side (5m)    |
| 9  | 235 | Southern knoll, north edge |
| 10 | 236 | Summit                     |
| 11 | 252 | Northern knoll, top of     |
| 12 | 253 | Between eastern knolls     |
| 13 | 255 | Sheepfold, north end       |
| 14 | 256 | Ruin, north east corner    |
| 15 | 244 | Spur, south west tip       |
| 16 | 249 | Re-entrant                 |

Finish   FINISH *Finish circles symbol*

## **ROC Mountain Marathon :: British Championships :: Final Event :: 2017**

### ELITE COURSE: DAY 2

Distance: 33km      Height Gain: 1400m

Number   Code   Control Description

Start   START *Start triangle symbol*

- |    |     |                          |
|----|-----|--------------------------|
| 1  | 248 | Cairn, north side        |
| 2  | 245 | Northern re-entrant      |
| 3  | 236 | Summit                   |
| 4  | 238 | Middle knoll, top of     |
| 5  | 239 | Stream                   |
| 6  | 230 | Boulder, east side (5m)  |
| 7  | 221 | Boulder, north side (5m) |
| 8  | 226 | Sheepfold                |
| 9  | 218 | Bridge, north end        |
| 10 | 216 | Re-entrant               |
| 11 | 212 | Cairn, north side        |
| 12 | 211 | Bridge, south west end   |

Finish   FINISH *Finish circles symbol*



**ROC Mountain Marathon :: British Championships :: Final Event :: 2017****LONG SCORE: DAY 1 = 7hrs**      **SHORT SCORE: DAY 1 = 6hrs***START at start triangle symbol*    *FINISH at finish circles symbol*

Code	Value	Control Description
201	20	Spur, top of
202	20	Ruin (small)
203	30	Spur, top of
204	20	Sheepfold, north side
205	20	Cairn, north side
209	0	Sheepfold, south corner
211	10	Bridge, south west end
212	20	Cairn, north side
213	20	Summit
214	10	Path bend
215	20	Southern stream junction
216	10	Re-entrant
217	10	Wall, west side
218	20	Bridge, north end
219	20	Forest, south corner
220	40	Knoll top
221	20	Boulder, north side (5m)
222	40	Gate
224	30	Wall bend
225	20	Northern crag foot (15m)
226	40	Sheepfold
227	10	Pond, east side
228	10	Eastern stream bend
229	10	O.S. trig pillar
230	20	Boulder, east side (5m)
231	20	Summit
232	10	Eastern building, north side
233	10	Summit
234	20	Ruined wall, east corner
235	20	Southern knoll, north edge
236	10	Summit
237	20	Crag foot (5m)
238	30	Middle knoll, top of
239	20	Stream
240	10	Cairn, north side
241	20	Cairn, north side
242	50	Footbridge, west end
243	30	Knoll, south side
244	30	Spur, south west tip
245	20	Northern re-entrant
246	20	Between southern knolls
247	20	Crag, south tip (5m)
248	20	Cairn, north side
249	20	Re-entrant
250	20	Ruin, southern corner
251	20	Ruined wall, south east corner
252	20	Northern knoll, top of
253	0	Between eastern knolls
254	0	Spur, top of
255	0	Sheepfold, north side
256	0	Ruin, north east corner
257	0	Re-entrant, upper part

TOTAL=950

**ROC Mountain Marathon :: British Championships :: Final Event :: 2017****LONG SCORE: DAY 2 = 6hrs**      **SHORT SCORE: DAY 2 = 5hrs***START at start triangle symbol*    *FINISH at finish circles symbol*

Code	Value	Control Description
201	0	Spur, top of
202	0	Ruin (small)
203	0	Spur, top of
204	0	Sheepfold, north side
205	20	Cairn, north side
209	20	Sheepfold, south corner
211	20	Bridge, south west end
212	20	Cairn, north side
213	10	Summit
214	0	Path bend
215	30	Southern stream junction
216	10	Re-entrant
217	20	Wall, west side
218	20	Bridge, north end
219	10	Forest, south corner
220	30	Knoll top
221	10	Boulder, north side (5m)
222	30	Gate
224	10	Wall bend
225	30	Northern crag foot (15m)
226	30	Sheepfold
227	30	Pond, east side
228	20	Eastern stream bend
229	10	O.S. trig pillar
230	20	Boulder, east side (5m)
231	10	Summit
232	20	Eastern building, north side
233	30	Summit
234	10	Ruined wall, east corner
235	20	Southern knoll, north edge
236	10	Summit
237	10	Crag foot (5m)
238	30	Middle knoll, top of
239	20	Stream
240	10	Cairn, north side
241	20	Cairn, north side
242	0	Footbridge, west end
243	0	Knoll, south side
244	0	Spur, south west tip
245	0	Northern re-entrant
246	40	Between southern knolls
247	20	Crag, south tip (5m)
248	30	Cairn, north side
249	10	Re-entrant
250	10	Ruin, southern corner
251	0	Ruined wall, south east corner
252	0	Northern knoll, top of
253	0	Between eastern knolls
254	0	Spur, top of
255	0	Sheepfold, north side
256	0	Ruin, north east corner
257	0	Re-entrant, upper part

TOTAL=700