

Low Alpine Mountain Marathon 2008

ELITE DAY 1 37km 2380m Climb

	Code	Grid Ref	Description
Start		766 824	
1	112	773 837	Stream Bend (290m)
2	114	782 864	Re-entrant (310m)
3	118	808 889	Col
4	121	842 888	Re-entrant below seasonal lochan
5	124	880 886	Knoll
6	133	904 955	Re-entrant (590m)
7	144	936 968	Lochan, east side
8	154	961 941	Stream junction
9	156	973 926	Stream junction
10	162	977 914	Bridge, east end

Follow tapes to finish - 978912, river junction, NE side

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07876 536714

Low Alpine Mountain Marathon 2008

ELITE DAY 2 25km, 2010m Climb

	Code	Grid Ref	Description
Start		979 913	
1	150	955 914	Knoll, E part
2	139	922 922	Re-entrant (top of)
3	129	892 910	Knoll (710m)
4	123	865 866	Re-entrant (710m)
5	132	903 824	Between northern knolls
6	136	913 819	Bridge (W end)
7	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700

Low Alpine Mountain Marathon 2008

A DAY 1 32.8km, 1790m Climb

(Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		766 824	
1	104	775 839	Re-entrant (370m)
2	125	785 858	Re-entrant 350m (top of)
3	140	839 878	North facing re-entrant (400m)
4	124	880 886	Knoll
5	134	905 928	Northern stream junction
6	154	961 941	Stream junction
7	156	973 926	Stream junction
8	162	977 914	Bridge, east end

Follow tapes to finish - 978912, river junction, NE side

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Low Alpine Mountain Marathon 2008

A DAY 2 21.7km, 1980m Climb

(Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		979 913	
1	119	011 909	Stream Bend
2	148	015 886	Spur (top of)
3	149	989 874	Knoll (W side)
4	159	953 870	Stream junction
5	147	946 863	Summit
6	120	924 820	Spur (360m)
7	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700

Low Alpine Mountain Marathon 2008

B DAY 1 27.1km, 1700m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		786 832	
1	116	787 849	Lochan (NW tip)
2	117	790 858	Knoll (E end)
3	105	839 883	Eastern knoll
4	122	852 884	Top of spur
5	137	913 922	Spur (top of) between streams
6	146	945 914	South facing spur (470m)
7	162	977 914	Bridge, east end

Follow tapes to finish - 978912, river junction, NE side

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07876 536714

Low Alpine Mountain Marathon 2008

B DAY 2 20.4km, 1510m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		979 913	
1	153	010 911	Re-entrant (250m)
2	107	017 901	Knoll (N Top)
3	148	015 886	Spur (top of)
4	157	986 872	Summit
5	152	959 838	Large spur (middle of)
6	151	957 829	Re-entrant (460m)
7	141	927 820	Bend on eastern stream (370m)
8	113	916 816	Spur
9	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700

Low Alpine Mountain Marathon 2008

C DAY 1 22km, 1730m Climb

	Code	Grid Ref	Description
Start		912 819	
			Tarmac road out of bounds!
1	130	902 842	Knoll
2	127	888 847	Knoll
3	123	865 866	Re-entrant (710m)
4	115	881 889	Col
5	128	893 885	Path bend (600m)
6	106	949 892	Stream bend (350m)
7	155	969 906	Bridge (S side)

Navigate to finish - 978912, river junction, NE side

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07876 536714

Low Alpine Mountain Marathon 2008

C DAY 2 19.7km, 1210m Climb (Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		979 913	
1	142	007 906	Spur (250m)
2	107	017 901	Knoll (N Top)
3	160	990 871	Re-entrant (480m)
4	103	960 833	Knoll (south end)
5	126	933 818	Reentrant (300m)
6	113	916 816	Spur
7	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700

Low Alpine Mountain Marathon 2008

D DAY 1 20km, 1310m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		020 789	
1	101	002 817	Lochan, uppermost (water-filled!)
2	108	020 859	Lochan (north-east end)
3	148	015 886	Spur (top of)
4	111	029 905	Lochan
5	142	007 906	Spur (250m)
6	153	010 911	Re-entrant (250m)
7	158	986 907	Building

Navigate to finish - 978912, river junction, NE side

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07876 536714

Low Alpine Mountain Marathon 2008

D DAY 2 18.3km, 1200m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		979 913	
1	155	969 906	Bridge (S side)
2	145	942 893	Spur (370m), west end
3	131	902 880	Summit
4	143	885 852	Knoll
5	130	902 842	Knoll
6	136	913 819	Bridge (W end)
7	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700

Low Alpine Mountain Marathon 2008

NOVICE DAY 1 16.5km, 910m Climb

(And Bad Weather: D Course)

	Code	Grid Ref	Description
Start		020 789	
Caution - unmapped forest road going north from 022810			
1	110	028 831	Bridge
2	135	024 837	Spur, W side (at crag foot)
3	108	020 859	Lochan (north-east end)
4	109	024 884	Col
5	138	012 906	Ruin
6	158	986 907	Building

Navigate to finish - 978912, river junction, NE side

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07876 536714

Low Alpine Mountain Marathon 2008

NOVICE DAY 2 14.8km, 1070m Climb

(And Bad Weather: D Course)

	Code	Grid Ref	Description
Start		979 913	
1	155	969 906	Bridge (S side)
2	159	953 870	Stream junction
3	147	946 863	Summit
4	102	929 816	Lochan (NE corner)
DO NOT cross deer fence en route to final control			
5	161	910 812	Bridge south of viaduct

Follow path/tapes 800m to Event Centre

Visit all checkpoints in the order specified. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 886602 or 07817 849090.
COURSES CLOSE 1700