

**Low Alpine Mountain Marathon 2011
ELITE DAY 1 36.5km 1900m Climb**

	Code	Grid Ref	Description	Closes
Start		277 744		
1	153	292 787	Summit	2200
2	154	332 805	Reentrant	2200
3	155	387 801	Reentrant	2200
4	156	399 844	Northern Spur	2200
5	157	362 860	Lochan (East end)	2200
6	158	342 911	Col (S end)	2200
7	159	331 921	Spur	2200
8	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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 252087

**Low Alpine Mountain Marathon 2011
ELITE DAY 1 36.5km 1900m Climb**

	Code	Grid Ref	Description	Closes
Start		277 744		
1	153	292 787	Summit	2200
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4	156	399 844	Northern Spur	2200
5	157	362 860	Lochan (East end)	2200
6	158	342 911	Col (S end)	2200
7	159	331 921	Spur	2200
8	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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**Low Alpine Mountain Marathon 2011
ELITE DAY 2 28.5km 1690m Climb**

	Code	Grid Ref	Description	Closes
Start		293 921		
1	160	291 889	Spur (610m)	1130
2	148	297 866	Lochan (W end)	1130
3	161	308 854	Stream bend (W Strm)	1200
4	162	274 816	Summit	1430
5	151	257 825	Summit	1430
6	163	252 869	Stream junction	1500
7	164	230 870	Dry lochan, S end	1500
8	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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 252087 COURSES CLOSE 1600

**Low Alpine Mountain Marathon 2011
ELITE DAY 2 28.5km 1690m Climb**

	Code	Grid Ref	Description	Closes
Start		293 921		
1	160	291 889	Spur (610m)	1130
2	148	297 866	Lochan (W end)	1130
3	161	308 854	Stream bend (W Strm)	1200
4	162	274 816	Summit	1430
5	151	257 825	Summit	1430
6	163	252 869	Stream junction	1500
7	164	230 870	Dry lochan, S end	1500
8	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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Low Alpine Mountain Marathon 2011
A DAY 1 33km 1340m Climb

	Code	Grid Ref	Description	Closes
Start		346 709		
1	140	327 738	Col	1130
2	141	318 766	Stream bend (500m)	2200
3	142	294 810	Reentrant	2200
4	143	349 851	Spur (E end)	2200
5	144	354 911	Spur (N end)	2200
6	145	339 922	Spur	2200
7	146	307 920	Reentrant	2200
8	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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 252087

Low Alpine Mountain Marathon 2011
A DAY 1 33km 1340m Climb

	Code	Grid Ref	Description	Closes
Start		346 709		
1	140	327 738	Col	1130
2	141	318 766	Stream bend (500m)	2200
3	142	294 810	Reentrant	2200
4	143	349 851	Spur (E end)	2200
5	144	354 911	Spur (N end)	2200
6	145	339 922	Spur	2200
7	146	307 920	Reentrant	2200
8	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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Low Alpine Mountain Marathon 2011
A DAY 2 26km 1350m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	147	278 912	Spur	0900
2	148	297 866	Lochan (W end)	1130
3	149	293 860	Reentrant, upper part	1230
4	150	298 825	Stream bend	1400
5	151	257 825	Summit	1430
6	152	237 844	Reentrant	1500
7	139	186 853	Gate	1600

Follow tapes 1100m to finish - 183858

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 252087
 COURSES CLOSE 1600

Low Alpine Mountain Marathon 2011
A DAY 2 26km 1350m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	147	278 912	Spur	0900
2	148	297 866	Lochan (W end)	1130
3	149	293 860	Reentrant, upper part	1230
4	150	298 825	Stream bend	1400
5	151	257 825	Summit	1430
6	152	237 844	Reentrant	1500
7	139	186 853	Gate	1600

Follow tapes 1100m to finish - 183858

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 COURSES CLOSE 1600

Low Alpine Mountain Marathon 2011
B DAY 1 25km 1480m Climb

	Code	Grid Ref	Description	Closes
Start		230 765		
1	130	238 772	Spur	1130
2	131	259 812	Summit	2200
3	150	298 825	Stream bend	2200
4	133	326 857	Reentrant	2200
5	165	326 908	Reentrant (W side)	2200
6	134	311 923	Stream bend	2200
7	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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Low Alpine Mountain Marathon 2011
B DAY 1 25km 1480m Climb

	Code	Grid Ref	Description	Closes
Start		230 765		
1	130	238 772	Spur	1130
2	131	259 812	Summit	2200
3	150	298 825	Stream bend	2200
4	133	326 857	Reentrant	2200
5	165	326 908	Reentrant (W side)	2200
6	134	311 923	Stream bend	2200
7	135	298 923	Bridge, S side	2200

Follow tapes 200m to finish - 295921

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Low Alpine Mountain Marathon 2011
B DAY 2 21.5km 1210m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	136	272 906	Reentrant	1000
2	122	281 879	Summit	1100
3	137	256 863	Lochan outlet	1500
4	106	258 842	Summit	1430
5	138	205 841	Spur	1600
6	139	186 853	Gate	1600

Follow tapes 1100m to finish - 183858

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Low Alpine Mountain Marathon 2011
B DAY 2 21.5km 1210m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	136	272 906	Reentrant	1000
2	122	281 879	Summit	1100
3	137	256 863	Lochan outlet	1500
4	106	258 842	Summit	1430
5	138	205 841	Spur	1600
6	139	186 853	Gate	1600

Follow tapes 1100m to finish - 183858

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Low Alpine Mountain Marathon 2011
C DAY 1 24km 1390m Climb

	Code	Grid Ref	Description	Closes
Start		277 744		
1	118	292 766	Spur	2200
2	119	308 784	Summit	2200
3	120	330 808	Between knolls	2200
4	121	315 857	Lochan west side	2200
5	122	281 879	Summit	2200
6	123	284 906	Spur	2200
7	111	291 918	Stream junction	2200

Follow tapes 200m to finish - 295921

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 252087

Low Alpine Mountain Marathon 2011
C DAY 1 24km 1390m Climb

	Code	Grid Ref	Description	Closes
Start		277 744		
1	118	292 766	Spur	2200
2	119	308 784	Summit	2200
3	120	330 808	Between knolls	2200
4	121	315 857	Lochan west side	2200
5	122	281 879	Summit	2200
6	123	284 906	Spur	2200
7	111	291 918	Stream junction	2200

Follow tapes 200m to finish - 295921

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 252087

Low Alpine Mountain Marathon 2011
C DAY 2 22km 850m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	124	273 936	Reentrant	1030
2	125	230 922	Spur	1200
3	126	207 930	Spur	1300
4	127	196 913	Lochan outlet	1400
5	128	219 894	Spur	1500
6	129	203 872	Spur	1530
7	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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 252087 COURSES CLOSE 1600

Low Alpine Mountain Marathon 2011
C DAY 2 22km 850m Climb

	Code	Grid Ref	Description	Closes
Start		293 921		
1	124	273 936	Reentrant	1030
2	125	230 922	Spur	1200
3	126	207 930	Spur	1300
4	127	196 913	Lochan outlet	1400
5	128	219 894	Spur	1500
6	129	203 872	Spur	1530
7	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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 252087 COURSES CLOSE 1600

**Low Alpine Mountain Marathon 2011
D DAY 1 21km 1240m Climb**

	Code	Grid Ref	Description	Closes
Start		186 853		
1	152	237 844	Reentrant	2200
2	106	258 842	Summit	2200
3	107	280 845	NW stream bend	2200
4	108	284 851	Stream bend	2200
5	122	281 879	Summit	2200
6	110	271 912	Reentrant	2200
7	111	291 918	Stream junction	2200

Follow tapes 200m to finish - 295921

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 252087

**Low Alpine Mountain Marathon 2011
D DAY 1 21km 1240m Climb**

	Code	Grid Ref	Description	Closes
Start		186 853		
1	152	237 844	Reentrant	2200
2	106	258 842	Summit	2200
3	107	280 845	NW stream bend	2200
4	108	284 851	Stream bend	2200
5	122	281 879	Summit	2200
6	110	271 912	Reentrant	2200
7	111	291 918	Stream junction	2200

Follow tapes 200m to finish - 295921

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 252087

**Low Alpine Mountain Marathon 2011
D DAY 2 18km 860m Climb**

	Code	Grid Ref	Description	Closes
Start		293 921		
1	112	267 920	Reentrant	1030
2	113	234 917	Stream bend	1200
3	114	214 926	Lochan, W side	1300
4	115	207 916	Lochan outlet	1400
5	116	215 888	Lochan, N side	1500
6	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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 252087 COURSES CLOSE 1600

**Low Alpine Mountain Marathon 2011
D DAY 2 18km 860m Climb**

	Code	Grid Ref	Description	Closes
Start		293 921		
1	112	267 920	Reentrant	1030
2	113	234 917	Stream bend	1200
3	114	214 926	Lochan, W side	1300
4	115	207 916	Lochan outlet	1400
5	116	215 888	Lochan, N side	1500
6	117	190 854	Bridge	1600

Follow tapes 1300m to finish - 183858

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 252087 COURSES CLOSE 1600

**Low Alpine Mountain Marathon 2011
SCORE DAY 1 (7 HOURS, ANY ORDER)**

Code	Grid Ref	Description		Closes
	277 744			
106	258 842	Summit	40	2200
107	280 845	NW stream bend	20	2200
109	265 885	Reentrant	15	2200
112	267 920	Reentrant	20	2200
118	292 766	Spur	10	2200
119	308 784	Summit	20	2200
121	315 857	Lochan west side	30	2200
122	281 879	Summit	30	2200
131	259 812	Summit	60	2200
132	302 904	Reentrant	10	2200
136	272 906	Reentrant	15	2200
142	294 810	Reentrant	20	2200
143	349 851	Spur (E end)	10	2200
144	354 911	Spur (N end)	20	2200
145	339 922	Spur	20	2200
148	297 866	Lochan (W end)	10	2200
150	298 825	Stream bend	10	2200
154	332 805	Reentrant	10	2200
155	387 801	Reentrant	60	2200
156	399 844	Northern Spur	50	2200
157	362 860	Lochan (East end)	20	2200
163	252 869	Stream junction	30	2200
165	326 908	Reentrant (W side)	10	2200
167	319 885	Spur (w end)	40	2200
168	361 807	Stream bend	30	2200
169	336 828	Knoll	20	2200
You must visit at least one of the following final controls				
111	291 918	Stream junction	10	2200
135	298 923	Bridge, S side	10	2200
			650	

Follow tapes 200m to finish - 295921

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalty is 2 points per minute or every part minute late. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07748 252087

**Low Alpine Mountain Marathon 2011
SCORE DAY 2 (6 HOURS, ANY ORDER)**

Code	Grid Ref	Description		Closes
	293 921			
101	228 952	Col	50	1200
102	218 815	Spur	25	1500
103	276 889	Stream bend	10	1130
104	205 844	Gate	5	1600
105	211 831	Stream junction	10	1600
108	284 851	Stream bend	10	1400
112	267 920	Reentrant	10	1030
124	273 936	Reentrant	20	1030
125	230 922	Spur	10	1200
126	207 930	Spur	20	1300
127	196 913	Lochan outlet	30	1400
128	219 894	Spur	10	1500
129	203 872	Spur	10	1530
131	259 812	Summit	40	1500
132	302 904	Reentrant	20	1000
133	326 857	Reentrant	10	1130
137	256 863	Lochan outlet	30	1500
149	293 860	Reentrant, upper part	10	1230
150	298 825	Stream bend	10	1400
151	257 825	Summit	10	1430
152	237 844	Reentrant	20	1500
160	291 889	Spur (610m)	20	1130
161	308 854	Stream bend (W Strm)	20	1200
162	274 816	Summit	30	1430
164	230 870	Dry lochan, S end	20	1500
167	319 885	Spur (w end)	30	1030
169	336 828	Knoll	50	1200
Compulsory final control				
139	186 853	Gate	10	1600
			540	

Follow tapes 1100m to finish - 183858

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COURSES CLOSE 1600