

## LAMM 2017

### ELITE DAY 1 39km 2410m Climb

	Code	Grid Ref	Description
Start		111 857	
1	121	088 855	Knoll
2	106	043 847	Col
3	101	011 856	Reentrant
4	166	989 837	Rocky Knoll - S End
5	165	986 801	SW Stream Bend
6	102	014 769	Rounded Hill Top
7	103	019 737	Rocky Spur E End
8	108	050 728	Col
9	125	092 713	Col

Navigate to finish - 117 733

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: 07836 384853 or 07740 099869

## LAMM 2017

### ELITE DAY 2 28.5km, 1820m Climb

	Code	Grid Ref	Description
Start		117 732	
1	141	143 717	Lochan S End
2	151	184 714	Summit
3	156	203 754	Reentrant
4	150	180 768	Gate
5	146	169 788	Stream Junction
6	145	162 818	Reentrant
7	144	155 843	Reentrant
8	140	137 860	Knoll
9	168	115 856	Gate

Navigate to finish - 114 856

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COURSES CLOSE 1700

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## LAMM 2017

### A DAY 1 32km, 2010m Climb (Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		053 895	
1	110	065 862	Low Spur S End
2	117	083 831	Stream Bend
3	118	086 820	Lochan Outflow
4	105	041 779	Knoll
5	107	022 767	Lochan Outflow
6	104	046 730	Lochan Outflow
7	114	076 721	Upper Stream Junction

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## LAMM 2017

### A DAY 2 26km, 1440m Climb (Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		117 732	
1	142	144 712	Col
2	153	188 721	Lochan S Side
3	154	188 747	Spur
4	150	180 768	Gate
5	149	176 798	Reentrant
6	145	162 818	Reentrant
7	143	148 843	Knoll
8	140	137 860	Knoll
9	168	115 856	Gate

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	Code	Grid Ref	Description
Start		117 732	
1	142	144 712	Col
2	153	188 721	Lochan S Side
3	154	188 747	Spur
4	150	180 768	Gate
6	149	176 798	Reentrant
6	145	162 818	Reentrant
7	143	148 843	Knoll
8	140	137 860	Knoll
9	168	115 856	Gate

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## LAMM 2017

### B DAY 1 26km, 1520m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		252 751	
1	162	247 726	Island E End
2	163	252 703	Reentrant
3	161	242 692	Col
4	159	221 696	Summit
5	148	175 700	Stream Bend
6	139	124 705	Knoll
7	134	110 718	Stream Bend
8	135	112 730	Stream Bend

Navigate to finish - 117 733

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## LAMM 2017

### B DAY 2 21.5km, 1470m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		117 732	
1	122	089 727	Stream Junction
2	112	070 741	Summit
3	109	061 775	Summit
4	113	074 808	Knoll
5	127	094 823	Lochan N End
6	128	096 838	E Stream Bend
7	132	103 852	Waterfall (Top of)
8	111	111 858	Path/Road Junction

Cross road DANGER,  
then follow tapes to Event Centre - 114 856

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Start		252 751	
1	162	247 726	Island E End
2	163	252 703	Reentrant
3	161	242 692	Col
4	159	221 696	Summit
5	148	175 700	Stream Bend
6	139	124 705	Knoll
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## LAMM 2017

### C DAY 1 24km, 1180m Climb (Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		252 751	
1	164	255 746	Knoll
2	160	237 729	Lochan Outflow
3	158	219 724	Summit
4	153	188 721	Lochan S Side
5	147	171 699	N Stream Junction
6	138	123 697	NW Stream Junction
7	134	110 718	Stream Bend
8	135	112 730	Stream Bend

Navigate to finish - 117 733

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## LAMM 2017

### C DAY 2 21 km, 940m Climb (Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		117 732	
1	123	090 749	Reentrant
2	130	096 751	Summit
3	133	105 769	Stream Junction
4	116	082 799	Stream Junction
5	124	091 812	Lochan Outflow
6	119	086 857	Reentrant
7	129	095 867	Stream Junction
<b>A832 Road Out of Bounds</b>			
8	111	111 858	Path/Road Junction

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1	164	255 746	Knoll
2	160	237 729	Lochan Outflow
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4	153	188 721	Lochan S Side
5	147	171 699	N Stream Junction
6	138	123 697	NW Stream Junction
7	134	110 718	Stream Bend
8	135	112 730	Stream Bend

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## LAMM 2017

### C DAY 2 21 km, 940m Climb (Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		117 732	
1	123	090 749	Reentrant
2	130	096 751	Summit
3	133	105 769	Stream Junction
4	116	082 799	Stream Junction
5	124	091 812	Lochan Outflow
6	119	086 857	Reentrant
7	129	095 867	Stream Junction
<b>A832 Road Out of Bounds</b>			
8	111	111 858	Path/Road Junction

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## LAMM 2017

### D DAY 1 20km, 1070m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		228 764	
1	157	218 750	Col
2	156	203 754	Reentrant
3	152	185 733	Summit
4	139	124 705	Knoll
5	136	111 713	S Stream Junction
6	135	112 730	Stream Bend

Navigate to finish - 117 733

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## LAMM 2017

### D DAY 2 17.5km, 910m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		117 732	
1	131	101 740	Stream Junction
2	130	096 751	Summit
3	126	093 776	N Stream Junction
4	120	087 810	Stream Junction
5	118	086 820	Lochan Outflow
6	115	081 827	Knoll
7	121	088 855	Knoll
8	111	111 858	Path/Road Junction

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3	152	185 733	Summit
4	139	124 705	Knoll
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## LAMM 2017

### D DAY 2 17.5km, 910m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		117 732	
1	131	101 740	Stream Junction
2	130	096 751	Summit
3	126	093 776	N Stream Junction
4	120	087 810	Stream Junction
5	118	086 820	Lochan Outflow
6	115	081 827	Knoll
7	121	088 855	Knoll
8	111	111 858	Path/Road Junction

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**LAMM 2017****SCORE DAY 1 (7 HOURS, ANY ORDER)**

Code	Grid Ref	Description	Score
	228 764		
114	076 721	Upper Stream Junction	40
122	089 727	Stream Junction	10
125	092 713	Col	10
131	101 740	Stream Junction	20
134	110 718	Stream Bend	10
135	112 730	Stream Bend	10
137	115 707	Dry Lochan E Side	10
138	123 697	NW Stream Junction	20
141	143 717	Lochan S End	30
142	144 712	Col	10
147	171 699	N Stream Junction	30
151	184 714	Summit	10
152	185 733	Summit	20
154	188 747	Spur	30
155	198 734	Lochan W Peninsular	10
157	218 750	Col	10
158	219 724	Summit	30
159	221 696	Summit	20
160	237 729	Lochan Outflow	20
161	242 692	Col	50
167	140 744	Lochan Edge	30

Navigate to finish - 117 733

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalties for Lateness: 0 -> 15 mins - 2 points per minute, 15:01 -> 30 mins - 5 ppm, 30:01 -> 60 mins. - 10ppm, 60:01+ mins - LOSE ALL POINTS FOR DAY. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07836 384853 or 07740 099869

**LAMM 2017****SCORE DAY 1 (7 HOURS, ANY ORDER)**

Code	Grid Ref	Description	Score
	228 764		
114	076 721	Upper Stream Junction	40
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138	123 697	NW Stream Junction	20
141	143 717	Lochan S End	30
142	144 712	Col	10
147	171 699	N Stream Junction	30
151	184 714	Summit	10
152	185 733	Summit	20
154	188 747	Spur	30
155	198 734	Lochan W Peninsular	10
157	218 750	Col	10
158	219 724	Summit	30
159	221 696	Summit	20
160	237 729	Lochan Outflow	20
161	242 692	Col	50
167	140 744	Lochan Edge	30

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**LAMM 2017****SCORE DAY 2 (6 HOURS, ANY ORDER)**

Code	Grid Ref	Description	Score
	117 732	Start - Midcamp	
103	019 737	Rocky Spur E End	20
107	022 767	Lochan Outflow	50
105	041 779	Knoll	10
108	050 728	Col	40
109	061 775	Summit	60
113	074 808	Knoll	10
114	076 721	Upper Stream Junction	30
116	082 799	Stream Junction	10
117	083 831	Stream Bend	10
119	086 857	Reentrant	30
120	087 810	Stream Junction	10
122	089 727	Stream Junction	10
123	090 749	Reentrant	20
125	092 713	Col	10
126	093 776	N Stream Junction	10
128	096 838	E Stream Bend	10
131	101 740	Stream Junction	10
132	103 852	Waterfall (Top of)	10
133	105 769	Stream Junction	30
129	095 867	Stream Junction	10
<b>A832 Road Out of Bounds</b>			
111	111 858	<b>Path/Road Junction MANDATORY</b>	5

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**LAMM 2017****SCORE DAY 2 (6 HOURS, ANY ORDER)**

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114	076 721	Upper Stream Junction	30
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117	083 831	Stream Bend	10
119	086 857	Reentrant	30
120	087 810	Stream Junction	10
122	089 727	Stream Junction	10
123	090 749	Reentrant	20
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