

LAMM Mountain Marathon 2018

ELITE DAY 1 42km 2200m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		194 084	
1	48	178 086	Re-entrant
2	51	155 073	Summit
3	47	141 087	Spur 655m
4	33	174 120	Stream Bend
5	18	169 157	Knoll
6	09	165 172	Peninsula N Side (Control closes 14:30)
7	10	165 173	Loch N Bank
8	01	145 194	Re-entrant
9	17	130 145	Low Knoll
10	36	055 115	Summit
11	34	019 111	Stream Junction 360m
12	25	002 126	Lochan W Side

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

ELITE DAY 1 42km 2200m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		194 084	
1	48	178 086	Re-entrant
2	51	155 073	Summit
3	47	141 087	Spur 655m
4	33	174 120	Stream Bend
5	18	169 157	Knoll
6	09	165 172	Peninsula N Side (Control closes 14:30)
7	10	165 173	Loch N Bank
8	01	145 194	Re-entrant
9	17	130 145	Low Knoll
10	36	055 115	Summit
11	34	019 111	Stream Junction 360m
12	25	002 126	Lochan W Side

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

ELITE DAY 2 32km, 2100m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	04	038 152	Knoll
2	20	063 128	Knoll Middle of SW Side
3	37	098 107	Knoll
4	46	120 084	Summit
5	55	163 061	Stream Junction
6	58	189 042	Knoll
7	62	210 029	Summit
8	65	213 022	Stream Bend
9	68	169 013	N'most Shallow Re-entrant
10	67	159 012	Small Knoll
11	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

ELITE DAY 2 32km, 2100m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	04	038 152	Knoll
2	20	063 128	Knoll Middle of SW Side
3	37	098 107	Knoll
4	46	120 084	Summit
5	55	163 061	Stream Junction
6	58	189 042	Knoll
7	62	210 029	Summit
8	65	213 022	Stream Bend
9	68	169 013	N'most Shallow Re-entrant
10	67	159 012	Small Knoll
11	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

A DAY 1 32km, 1900m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		186 114	
1	24	164 136	Lochan E Side
2	18	169 157	Knoll
3	09	165 172	Peninsula N Side (Control closes 14:30)
4	10	165 173	Loch N Bank
5	08	151 168	Knoll
6	23	122 138	Stream Junction
7	32	133 122	Summit
8	38	121 104	Knoll
9	44	071 087	Lochan SE Side
10	40	038 098	Summit
11	27	032 119	Sheilings, W' most

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

A DAY 1 32km, 1900m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		186 114	
1	24	164 136	Lochan E Side
2	18	169 157	Knoll
3	09	165 172	Peninsula N Side (Control closes 14:30)
4	10	165 173	Loch N Bank
5	08	151 168	Knoll
6	23	122 138	Stream Junction
7	32	133 122	Summit
8	38	121 104	Knoll
9	44	071 087	Lochan SE Side
10	40	038 098	Summit
11	27	032 119	Sheilings, W' most

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

A DAY 2 26km, 1900m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	11	027 140	Lochan Outlet
2	20	063 128	Knoll Middle of SW Side
3	31	101 119	Stream Bend
4	45	113 086	Re-entrant 490m
5	51	155 073	Summit
6	61	169 025	N'most Lochan S Side
7	66	155 012	Spur
8	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

A DAY 2 26km, 1900m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	11	027 140	Lochan Outlet
2	20	063 128	Knoll Middle of SW Side
3	31	101 119	Stream Bend
4	45	113 086	Re-entrant 490m
6	51	155 073	Summit
6	61	169 025	N'most Lochan S Side
7	66	155 012	Spur
8	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

B DAY 1 25km, 1500m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		159 052	
1	55	163 061	Stream Junction
2	51	155 073	Summit
3	47	141 087	Spur 655m
4	38	121 104	Knoll
5	15	110 147	Lochan S Side
6	05	057 157	Knoll
7	12	039 143	Stream Junction, Boulder
8	11	027 140	Lochan Outlet

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

B DAY 1 25km, 1500m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		159 052	
1	55	163 061	Stream Junction
2	51	155 073	Summit
3	47	141 087	Spur 655m
4	38	121 104	Knoll
5	15	110 147	Lochan S Side
6	05	057 157	Knoll
7	12	039 143	Stream Junction, Boulder
8	11	027 140	Lochan Outlet

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

B DAY 2 24km, 1500m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	19	035 128	Col SE Corner
2	29	056 123	Stream Junction
3	42	084 100	Summit E cairn
4	50	090 074	Beehive Hut Entrance
5	53	118 064	Lochan
6	54	144 058	Stream Bend
7	56	136 043	Spur
8	60	153 025	Lochan N Side
9	67	159 012	Small Knoll
10	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

B DAY 2 24km, 1500m Climb

Roads may be crossed with care. You must not run along A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	19	035 128	Col SE Corner
2	29	056 123	Stream Junction
3	42	084 100	Summit E cairn
4	50	090 074	Beehive Hut Entrance
5	53	118 064	Lochan
6	54	144 058	Stream Bend
7	56	136 043	Spur
8	60	153 025	Lochan N Side
9	67	159 012	Small Knoll
10	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

C DAY 1 24km, 1300m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		100 063	
1	45	113 086	Re-entrant 490m
2	32	133 122	Summit
3	17	130 145	Low Knoll
4	06	076 161	Lochan W Side
5	13	050 142	Knoll, easterly one
6	03	024 151	Spur NW End

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

C DAY 1 24km, 1300m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		100 063	
1	45	113 086	Re-entrant 490m
2	32	133 122	Summit
3	17	130 145	Low Knoll
4	06	076 161	Lochan W Side
5	13	050 142	Knoll, easterly one
6	03	024 151	Spur NW End

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

C DAY 2 20km, 1000m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	34	019 111	Stream Junction 360m
2	35	032 112	Knoll top
3	43	049 091	Lochan N Side
4	44	071 087	Lochan SE Side
5	50	090 074	Beehive Hut Entrance
6	52	100 063	Gate [TIME STOPS] (Control closes 15:30)
			Relaxing shuttle by coach!
			Take care crossing A859
7	59	138 033	Grassy Plateau [TIME STARTS]
8	57	158 039	Stream 400m
9	64	165 020	Stream Junction
10	66	155 012	Spur
11	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

C DAY 2 20km, 1000m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	34	019 111	Stream Junction 360m
2	35	032 112	Knoll top
3	43	049 091	Lochan N Side
4	44	071 087	Lochan SE Side
5	50	090 074	Beehive Hut Entrance
6	52	100 063	Gate [TIME STOPS] (Control closes 15:30)
			Relaxing shuttle by coach!
			Take care crossing A859
7	59	138 033	Grassy Plateau [TIME STARTS]
8	57	158 039	Stream 400m
9	64	165 020	Stream Junction
10	66	155 012	Spur
11	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

D DAY 1 20km, 1000m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		100 063	
1	53	118 064	Lochan
2	46	120 084	Summit
3	21	091 129	Low Knoll
4	14	091 149	Stream Junction
5	05	057 157	Knoll
6	13	050 142	Knoll, easterly one
7	28	045 120	Lochan Outlet
8	27	032 119	Sheilings, W' most

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

D DAY 1 20km, 1000m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		100 063	
1	53	118 064	Lochan
2	46	120 084	Summit
3	21	091 129	Low Knoll
4	14	091 149	Stream Junction
5	05	057 157	Knoll
6	13	050 142	Knoll, easterly one
7	28	045 120	Lochan Outlet
8	27	032 119	Sheilings, W' most

Navigate to finish - 016 134

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: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

D DAY 2 18.5km, 900m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	25	002 126	Lochan W Side
2	35	032 112	Knoll top
3	41	057 101	Lochan E Side
4	44	071 087	Lochan SE Side
5	49	084 070	Re-entrant 150m
6	52	100 063	Gate [TIME STOPS] (Control closes 15:30) Relaxing shuttle by coach! Take care crossing A859
7	59	138 033	Grassy Plateau [TIME STARTS]
8	63	159 021	Spur
9	67	159 012	Small Knoll
10	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

D DAY 2 18.5km, 900m Climb

Roads may be crossed with care. You must not run along
A road except on a taped route.

	Code	Grid Ref	Description
Start		016 134	
1	25	002 126	Lochan W Side
2	35	032 112	Knoll top
3	41	057 101	Lochan E Side
4	44	071 087	Lochan SE Side
5	49	084 070	Re-entrant 150m
6	52	100 063	Gate [TIME STOPS] (Control closes 15:30) Relaxing shuttle by coach! Take care crossing A859
7	59	138 033	Grassy Plateau [TIME STARTS]
8	63	159 021	Spur
9	67	159 012	Small Knoll
10	70	154 002	Gate By Mast

Follow tape to Event Centre - 149 002

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: 07766 376 672 and 07530 204 282. COURSES CLOSE 1700

LAMM Mountain Marathon 2018

SCORE DAY 1 (7 HOURS, ANY ORDER)

Roads may be crossed with care. You must not run along A road except on a taped route.

Code	Grid Ref	Description	Score
Start	186 114		
01	145 194	Re-entrant	45
02	000 147	Hill top	25
04	038 152	Knoll	20
07	133 169	Spur	20
09	165 172	Peninsula N Side (Control closes 14:30)	5
10	165 173	Lochan N Bank	5
11	027 140	Lochan Outlet	30
13	050 142	Knoll, easterly one	30
14	091 149	Stream Junction	30
16	116 147	Stone Beehives	20
20	063 128	Knoll Middle of SW Side	35
24	164 136	Lochan E Side	25
26	016 125	E Lochan N Side	20
27	032 119	Sheilings, W' most	10
30	077 121	Stream Junction	20
31	101 119	Stream Bend	15
32	133 122	Summit	35
33	174 120	Stream Bend	10
34	019 111	Stream Junction 360m	40
38	121 104	Knoll	25
39	153 102	Stream Bend, water underground	15
41	057 101	Lochan E Side	20
42	084 100	Summit E cairn	50
47	141 087	Spur 655m	30
51	155 073	Summit	40

Navigate to finish - 016 134

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalties for Lateness: 2 points per minute. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

SCORE DAY 2 (7 HOURS, ANY ORDER)

Roads may be crossed with care. You must not run along A road except on a taped route.

Code	Grid Ref	Description	Score
Start	016 134		
12	039 143	Stream Junction, Boulder	25
19	035 128	Col SE Corner	20
25	002 126	Lochan W Side	30
29	056 123	Stream Junction	30
30	077 121	Stream Junction	25
35	032 112	Knoll top	10
37	098 107	Knoll	30
42	084 100	Summit E cairn	50
43	049 091	Lochan N Side	20
44	071 087	Lochan SE Side	20
46	120 084	Summit	40
50	090 074	Beehive Hut Entrance	20
51	155 073	Summit	60
52	100 063	Gate [TIME STOPS] (Control closes 15:30)	5
<p>If you visit CONTROL 52 your TIME WILL STOP and you will have a relaxing journey by coach to the A859. Take care crossing it and your TIME WILL RE-START at CONTROL 59. After this, you must not visit any more controls on the north side of the A859. If you don't understand the implications, ask the Score Marshall before you start!</p>			
59	138 033	Grassy Plateau [TIME STARTS]	5
53	118 064	Lochan	25
54	144 058	Stream Bend	50
55	163 061	Stream Junction	35
56	136 043	Spur	25
57	158 039	Stream 400m	25
58	189 042	Knoll	35
60	153 025	Lochan N Side	15
61	169 025	N'most Lochan S Side	20
66	155 012	Spur	10
68	169 013	N'most Shallow Re-entrant	15
69	195 009	Knoll	40
70	154 002	Gate by Mast COMPULSORY	10

Follow tape to Event Centre - 149 002

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalties for Lateness: 2 points per minute. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

SCORE DAY 1 (7 HOURS, ANY ORDER)

Roads may be crossed with care. You must not run along A road except on a taped route.

Code	Grid Ref	Description	Score
Start	186 114		
01	145 194	Re-entrant	45
02	000 147	Hill top	25
04	038 152	Knoll	20
07	133 169	Spur	20
09	165 172	Peninsula N Side (Control closes 14:30)	5
10	165 173	Lochan N Bank	5
11	027 140	Lochan Outlet	30
13	050 142	Knoll, easterly one	30
14	091 149	Stream Junction	30
16	116 147	Stone Beehives	20
20	063 128	Knoll Middle of SW Side	35
24	164 136	Lochan E Side	25
26	016 125	E Lochan N Side	20
27	032 119	Sheilings, W' most	10
30	077 121	Stream Junction	20
31	101 119	Stream Bend	15
32	133 122	Summit	35
33	174 120	Stream Bend	10
34	019 111	Stream Junction 360m	40
38	121 104	Knoll	25
39	153 102	Stream Bend, water underground	15
41	057 101	Lochan E Side	20
42	084 100	Summit E cairn	50
47	141 087	Spur 655m	30
51	155 073	Summit	40

Navigate to finish - 016 134

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalties for Lateness: 2 points per minute. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07766 376 672 and 07530 204 282

LAMM Mountain Marathon 2018

SCORE DAY 2 (7 HOURS, ANY ORDER)

Roads may be crossed with care. You must not run along A road except on a taped route.

Code	Grid Ref	Description	Score
Start	016 134		
12	039 143	Stream Junction, Boulder	25
19	035 128	Col SE Corner	20
25	002 126	Lochan W Side	30
29	056 123	Stream Junction	30
30	077 121	Stream Junction	25
35	032 112	Knoll top	10
37	098 107	Knoll	30
42	084 100	Summit E cairn	50
43	049 091	Lochan N Side	20
44	071 087	Lochan SE Side	20
46	120 084	Summit	40
50	090 074	Beehive Hut Entrance	20
51	155 073	Summit	60
52	100 063	Gate [TIME STOPS] (Control closes 15:30)	5
<p>If you visit CONTROL 52 your TIME WILL STOP and you will have a relaxing journey by coach to the A859. Take care crossing it and your TIME WILL RE-START at CONTROL 59. After this, you must not visit any more controls on the north side of the A859. If you don't understand the implications, ask the Score Marshall before you start!</p>			
59	138 033	Grassy Plateau [TIME STARTS]	5
53	118 064	Lochan	25
54	144 058	Stream Bend	50
55	163 061	Stream Junction	35
56	136 043	Spur	25
57	158 039	Stream 400m	25
58	189 042	Knoll	35
60	153 025	Lochan N Side	15
61	169 025	N'most Lochan S Side	20
66	155 012	Spur	10
68	169 013	N'most Shallow Re-entrant	15
69	195 009	Knoll	40
70	154 002	Gate by Mast COMPULSORY	10

Follow tape to Event Centre - 149 002

Visit as many checkpoints as you wish in any order. Score as many points as possible. Penalties for Lateness: 2 points per minute. Report any damage. You must report & hand in SI card at finish even if you retire. Emergency ph: 07766 376 672 and 07530 204 282