

Low Alpine Mountain Marathon 2010

ELITE DAY 1 36km 2410m Climb

	Code	Grid Ref	Description
Start		293 048	
1	148	294 078	Col
2	143	274 070	Spur (S end)
3	132	255 104	Spur (N end)
4	154	303 124	Summit
5	155	304 152	Reentrant
6	140	269 195	Spur
7	128	248 234	Knoll
8	119	217 219	Dam (W side)

Follow tapes 200m to finish - 217 217

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: 07887 904418

Low Alpine Mountain Marathon 2010

ELITE DAY 2 29.5km, 1350m Climb

	Code	Grid Ref	Description
Start		217 218	
1	122	229 235	Stream, southern bend
2	134	261 244	Knoll
3	151	296 259	Knoll
4	156	305 223	Lochan (E end)
5	162	288 201	Knoll
6	139	266 156	Seasonal lochan outlet
7	123	235 149	Stream junction
8	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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	Code	Grid Ref	Description
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Low Alpine Mountain Marathon 2010

A DAY 1 30km, 2100m Climb (Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		293 048	
1	146	281 065	Stream junction
2	135	262 055	Col
3	136	263 100	Stream junction
4	152	299 129	Stream bend
5	153	299 150	Spur
6	147	281 194	Lochan outlet
7	131	254 217	Stream junction
8	119	217 219	Dam (W side)

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Low Alpine Mountain Marathon 2010

A DAY 2 26.5km, 1340m Climb (Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		217 218	
1	109	188 225	Lochan outlet
2	104	158 214	Reentrant
3	102	154 185	Reentrant
4	164	181 176	Reentrant
5	110	191 198	Lochan outlet
6	163	214 200	Lochan outlet (E end)
7	120	218 163	Reentrant
8	114	198 161	Summit
9	113	195 146	Stream junction
10	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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	Code	Grid Ref	Description
Start		293 048	
1	146	281 065	Stream junction
2	135	262 055	Col
3	136	263 100	Stream junction
4	152	299 129	Stream bend
5	153	299 150	Spur
6	147	281 194	Lochan outlet
7	131	254 217	Stream junction
8	119	217 219	Dam (W side)

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A DAY 2 26.5km, 1340m Climb (Or Bad Weather: ELITE Course)

	Code	Grid Ref	Description
Start		217 218	
1	109	188 225	Lochan outlet
2	104	158 214	Reentrant
3	102	154 185	Reentrant
4	164	181 176	Reentrant
5	110	191 198	Lochan outlet
6	163	214 200	Lochan outlet (E end)
7	120	218 163	Reentrant
8	114	198 161	Summit
9	113	195 146	Stream junction
10	111	192 133	Bridge

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Low Alpine Mountain Marathon 2010

B DAY 1 24.5km, 1700m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		317 092	
1	159	301 098	Spur
2	133	293 133	Spur (N end)
3	165	307 148	Reentrant
4	145	280 167	Knoll
5	162	288 201	Knoll
6	131	254 217	Stream junction
7	128	248 234	Knoll
8	119	217 219	Dam (W side)

Follow tapes 200m to finish - 217 217

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Low Alpine Mountain Marathon 2010

B DAY 2 22.5km, 950m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		217 218	
1	107	182 236	Knoll
2	166	165 214	Spur
3	101	144 199	Stream junction
4	103	149 192	Knoll
5	108	186 200	Stream junction
6	114	198 161	Summit
7	113	195 146	Stream junction
8	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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Low Alpine Mountain Marathon 2010

B DAY 1 24.5km, 1700m Climb

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	Code	Grid Ref	Description
Start		317 092	
1	159	301 098	Spur
2	133	293 133	Spur (N end)
3	165	307 148	Reentrant
4	145	280 167	Knoll
5	162	288 201	Knoll
6	131	254 217	Stream junction
7	128	248 234	Knoll
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Low Alpine Mountain Marathon 2010

B DAY 2 22.5km, 950m Climb

(Or Bad Weather: A Course)

	Code	Grid Ref	Description
Start		217 218	
1	107	182 236	Knoll
2	166	165 214	Spur
3	101	144 199	Stream junction
4	103	149 192	Knoll
5	108	186 200	Stream junction
6	114	198 161	Summit
7	113	195 146	Stream junction
8	111	192 133	Bridge

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Low Alpine Mountain Marathon 2010

C DAY 1 22km, 1610m Climb

(Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		230 075	
1	168	247 078	Reentrant (stream source)
2	144	277 098	Summit, western cairn
3	141	271 116	Knoll
4	130	251 137	Knoll
5	137	263 160	Reentrant
6	124	241 210	Knoll
7	167	226 218	Stream bend
8	119	217 219	Dam (W side)

Follow tapes 200m to finish - 217 217

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Low Alpine Mountain Marathon 2010

C DAY 2 20km, 900m Climb

(Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		217 218	
1	112	194 221	Lochan, S point
2	104	158 214	Reentrant
3	105	166 194	Spur
4	115	203 187	Summit
5	121	220 163	Summit
6	117	209 155	Gate
7	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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Low Alpine Mountain Marathon 2010

C DAY 1 22km, 1610m Climb

(Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		230 075	
1	168	247 078	Reentrant (stream source)
2	144	277 098	Summit, western cairn
3	141	271 116	Knoll
4	130	251 137	Knoll
5	137	263 160	Reentrant
6	124	241 210	Knoll
7	167	226 218	Stream bend
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(Or Bad Weather: B Course)

	Code	Grid Ref	Description
Start		217 218	
1	112	194 221	Lochan, S point
2	104	158 214	Reentrant
3	105	166 194	Spur
4	115	203 187	Summit
5	121	220 163	Summit
6	117	209 155	Gate
7	111	192 133	Bridge

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Low Alpine Mountain Marathon 2010

D DAY 1 20km, 1240m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		238 276	
1	138	265 275	Knoll
2	158	307 255	Summit
3	160	312 240	Stream junction
4	150	295 224	Lochan outlet
5	125	241 230	Knoll
6	119	217 219	Dam (W side)

Follow tapes 200m to finish - 217 217

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: 07887 904418

Low Alpine Mountain Marathon 2010

D DAY 2 16km, 870m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		217 218	
1	118	214 224	Island
2	109	188 225	Lochan outlet
3	108	186 200	Stream junction
4	115	203 187	Summit
5	116	206 166	Hill, West end
6	117	209 155	Gate
7	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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: 07887 904418. COURSES CLOSE 1700

Low Alpine Mountain Marathon 2010

D DAY 1 20km, 1240m Climb

(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		238 276	
1	138	265 275	Knoll
2	158	307 255	Summit
3	160	312 240	Stream junction
4	150	295 224	Lochan outlet
5	125	241 230	Knoll
6	119	217 219	Dam (W side)

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(Or Bad Weather: C Course)

	Code	Grid Ref	Description
Start		217 218	
1	118	214 224	Island
2	109	188 225	Lochan outlet
3	108	186 200	Stream junction
4	115	203 187	Summit
5	116	206 166	Hill, West end
6	117	209 155	Gate
7	111	192 133	Bridge

Follow tapes 200m to finish - 191 131

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Low Alpine Mountain Marathon 2010

SCORE DAY 1 (7 HOURS, ANY ORDER)

Main road is out of bounds

Code	Grid Ref	Description	
	230 075	Score Start Day 1	
110	191 198	Lochan outlet	30
112	194 221	Lochan, S point	30
118	214 224	Island	10
119	217 219	Dam (W side) - COMPULSORY	10
124	241 210	Knoll	10
125	241 230	Knoll	20
126	244 191	Lochan outlet	15
129	250 153	Lochan (W end)	10
132	255 104	Spur (N end)	15
134	261 244	Knoll	30
135	262 055	Col	30
137	263 160	Reentrant	20
141	271 116	Knoll	10
143	274 070	Spur (S end)	10
144	277 098	Summit, western cairn	50
145	280 167	Knoll	20
147	281 194	Lochan outlet	10
148	294 078	Col	50
150	295 224	Lochan outlet	30
152	299 129	Stream bend	50
155	304 152	Reentrant	10
159	301 098	Spur	20
161	237 128	Spur	50
162	288 201	Knoll	20
163	214 200	Lochan outlet (E end)	20
168	247 078	Reentrant (stream source)	30
Follow tapes 200m from COMPULSORY control 119 to finish - 217 217			610

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: 07887 904418

Low Alpine Mountain Marathon 2010

SCORE DAY 1 (7 HOURS, ANY ORDER)

Main road is out of bounds

Code	Grid Ref	Description	
	230 075	Score Start Day 1	
110	191 198	Lochan outlet	30
112	194 221	Lochan, S point	30
118	214 224	Island	10
119	217 219	Dam (W side) - COMPULSORY	10
124	241 210	Knoll	10
125	241 230	Knoll	20
126	244 191	Lochan outlet	15
129	250 153	Lochan (W end)	10
132	255 104	Spur (N end)	15
134	261 244	Knoll	30
135	262 055	Col	30
137	263 160	Reentrant	20
141	271 116	Knoll	10
143	274 070	Spur (S end)	10
144	277 098	Summit, western cairn	50
145	280 167	Knoll	20
147	281 194	Lochan outlet	10
148	294 078	Col	50
150	295 224	Lochan outlet	30
152	299 129	Stream bend	50
155	304 152	Reentrant	10
159	301 098	Spur	20
161	237 128	Spur	50
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Low Alpine Mountain Marathon 2010

SCORE DAY 2 (6 HOURS, ANY ORDER)

Code	Grid Ref	Description	
	217 218	Start - Midcamp	
101	144 199	Stream junction	30
102	154 185	Reentrant	20
104	158 214	Reentrant	10
106	171 194	Spur	10
107	182 236	Knoll	40
108	186 200	Stream junction	20
111	192 133	Bridge - COMPULSORY	5
113	195 146	Stream junction	10
114	198 161	Summit	20
115	203 187	Summit	15
120	218 163	Reentrant	20
122	229 235	Stream, southern bend	10
123	235 149	Stream junction	10
126	244 191	Lochan outlet	30
128	248 234	Knoll	10
130	251 137	Knoll	40
131	254 217	Stream junction	10
139	266 156	Seasonal lochan outlet	30
140	269 195	Spur	30
149	294 246	Stream junction	30
156	305 223	Lochan (E end)	30
158	307 255	Summit	60
162	288 201	Knoll	20
163	214 200	Lochan outlet (E end)	30
164	181 176	Reentrant	40
167	226 218	Stream bend	5
Follow tapes 200m from COMPULSORY control 111 to finish 191 131			585

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102	154 185	Reentrant	20
104	158 214	Reentrant	10
106	171 194	Spur	10
107	182 236	Knoll	40
108	186 200	Stream junction	20
111	192 133	Bridge - COMPULSORY	5
113	195 146	Stream junction	10
114	198 161	Summit	20
115	203 187	Summit	15
120	218 163	Reentrant	20
122	229 235	Stream, southern bend	10
123	235 149	Stream junction	10
126	244 191	Lochan outlet	30
128	248 234	Knoll	10
130	251 137	Knoll	40
131	254 217	Stream junction	10
139	266 156	Seasonal lochan outlet	30
140	269 195	Spur	30
149	294 246	Stream junction	30
156	305 223	Lochan (E end)	30
158	307 255	Summit	60
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