

Farleton Knott 15/3/2009			
Men Open			
Brown	9.4 km	350 m	
▷			
1	124		
2	125		
3	126		
4	128		
5	127		3
6	129		2
○			○
7	130		1
8	132		
○			○
9	134		1
10	140		<
11	135		↑
12	145		1.5
13	136		
○			○
14	144		
15	139		
16	137		
17	142		1.5
18	148		
○			○
19	121		0.5
○			○
20	153		1.5
21	157		0.5
22	158		0.5
23	161		
24	155		2
○			○
25	151		1
26	152		1
○			○
80 m			

Farleton Knott 15/3/2009			
M14- W14-			
Orange	2.9 km	70 m	
▷			
1	114		
2	115		1.5
3	116		1.5
4	112		2
5	110		○
6	124		
7	113		1
○			○
8	162		○
○			○
9	117		1
○			○
130 m			

Farleton Knott 15/3/2009			
Women Open			
Blue Women	6.6 km	210 m	
▷			
1	123		2
2	125		
3	150		
○			○
4	143		
5	139		
6	137		
○			○
7	132		
○			○
8	134		1
9	140		<
10	135		↑
11	145		1.5
12	136		
○			○
13	149		○
○			○
14	121		0.5
○			○
15	155		2
16	161		
17	154		○
18	159		1
○			○
19	151		1
20	152		1
○			○
80 m			

Farleton Knott 15/3/2009			
M18- W18-			
Light Green	4.1 km	75 m	
▷			
1	123		2
2	115		1.5
3	126		
4	128		
○			○
5	130		1
6	131		
○			○
7	138		
8	139		
9	119		4x4
10	120		○
11	148		
○			○
12	141		○
13	117		1
○			○
130 m			

Farleton Knott 15/3/2009			
M45+ M20-			
Blue Men	6.6 km	185 m	
▷			
1	123		2
2	126		
3	127		3
4	129		2
○			○
5	130		1
6	131		
○			○
7	139		
8	143		
9	142		1.5
10	149		○
○			○
11	122		0.5
○			○
12	156		1
13	157		0.5
14	154		○
15	159		1
16	160		
○			○
230 m			

Farleton Knott 15/3/2009			
M60+			
Green Men	5.0 km	165 m	
▷			
1	124		
2	125		
3	150		
○			○
4	120		○
5	144		
6	146		1
7	148		
○			○
8	121		0.5
○			○
9	153		1.5
10	157		0.5
11	158		0.5
12	161		
13	155		2
○			○
14	151		1
15	152		1
○			○
80 m			

Farleton Knott 15/3/2009			
W45+ W20-			
Green Women	5.0 km	145 m	
▷			
1	123		2
2	125		
3	150		
○			○
4	120		○
5	143		
6	146		1
7	149		○
○			○
8	122		0.5
○			○
9	156		1
10	158		0.5
11	154		○
12	159		1
13	153		1.5
14	160		
○			○
230 m			

Farleton Knott 15/3/2009			
M75+ W60+			
Green Vets	3.8 km	95 m	
▷			
1	124		
2	126		
3	128		
4	118		○
5	130		1
6	131		
○			○
7	138		
8	144		
9	146		1
10	149		○
11	148		
○			○
12	121		0.5
○			○
180 m			

Farleton Knott 15/3/2009		
White	1.8 km	15 m
▷		Start: path
1	101	Bend in path
2	102	Path junction
3	103	Lone tree
4	104	Path junction
5	105	Path junction
6	106	Path junction
7	107	Crossing point
8	108	Crossing point
9	109	Path junction
Navigate 310 m to finish		

Farleton Knott 15/3/2009		
Yellow	2.5 km	60 m
▷		Start: path
1	114	N path junction
2	147	E side of pit
3	133	Path crossing
4	110	E side of thicket
5	111	Stone wall junction
6	105	Path junction
7	107	Crossing point
8	108	Crossing point
Navigate 390 m to finish		