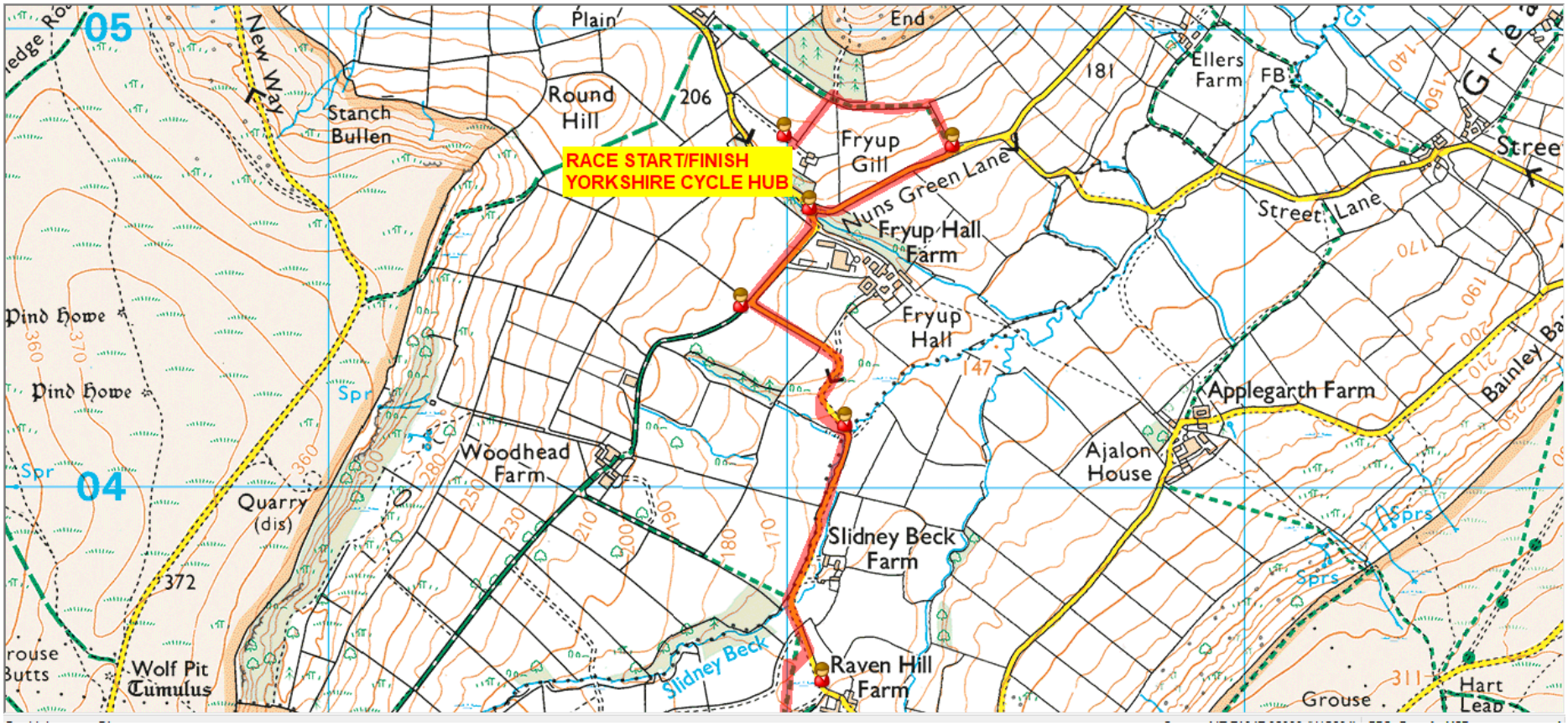
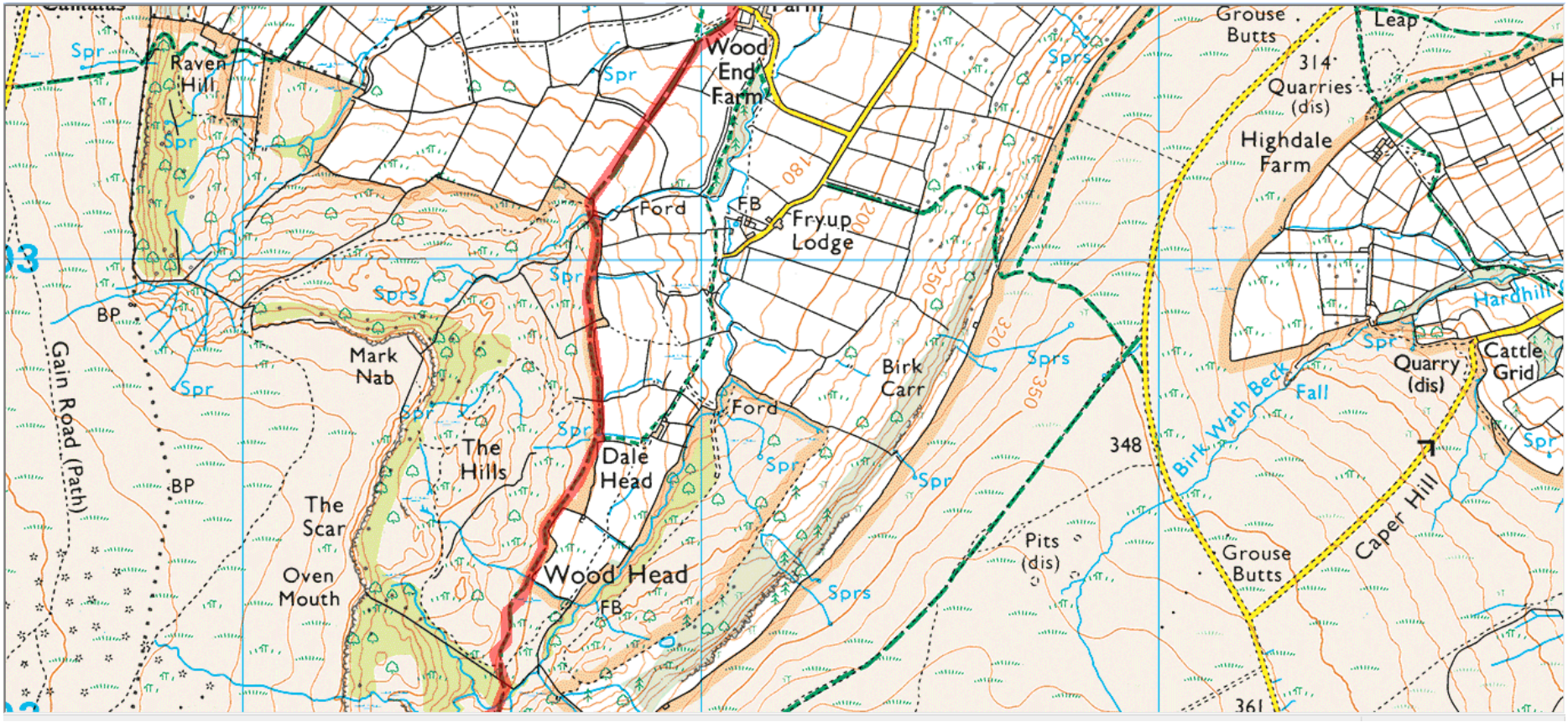
HARDMOORS 26.2 **FRYUPDALE 10K**

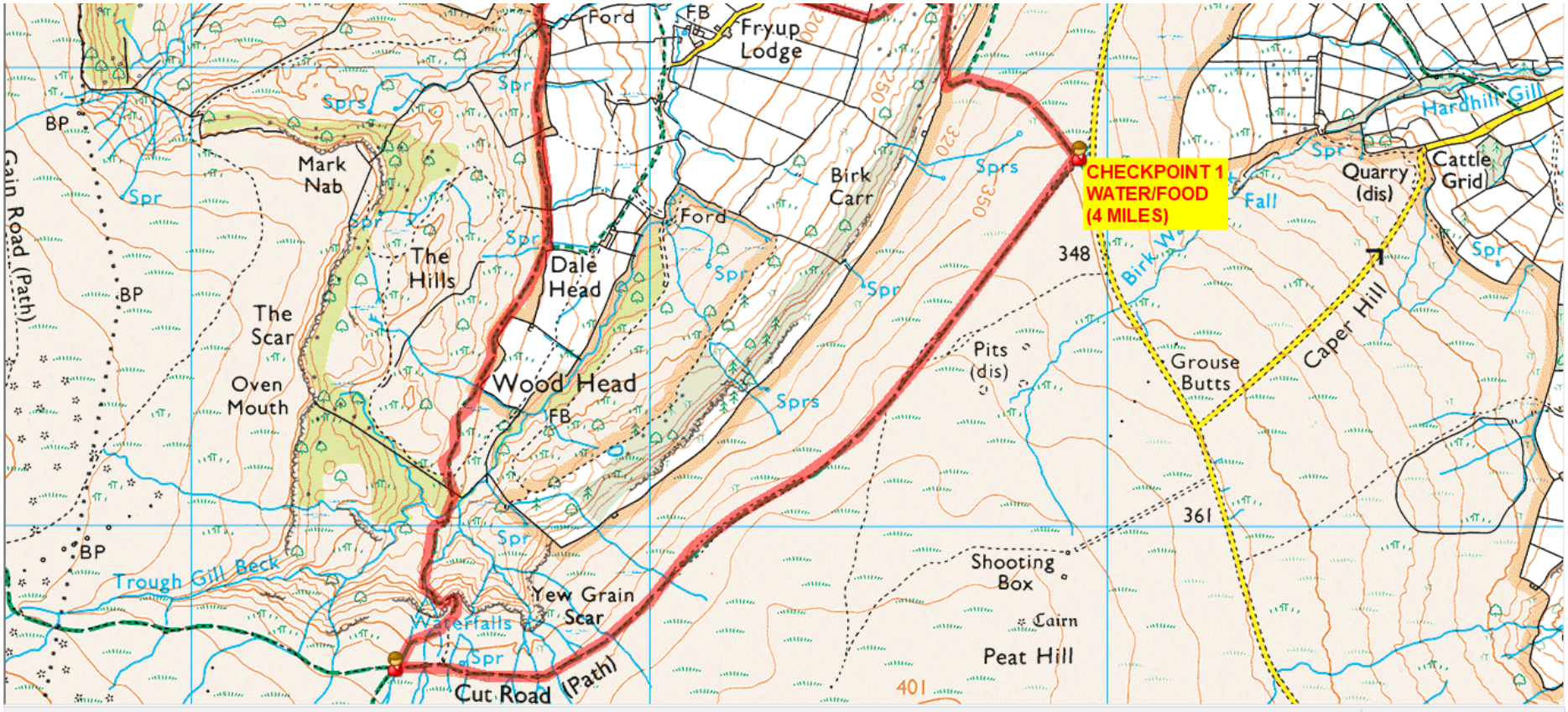
1.



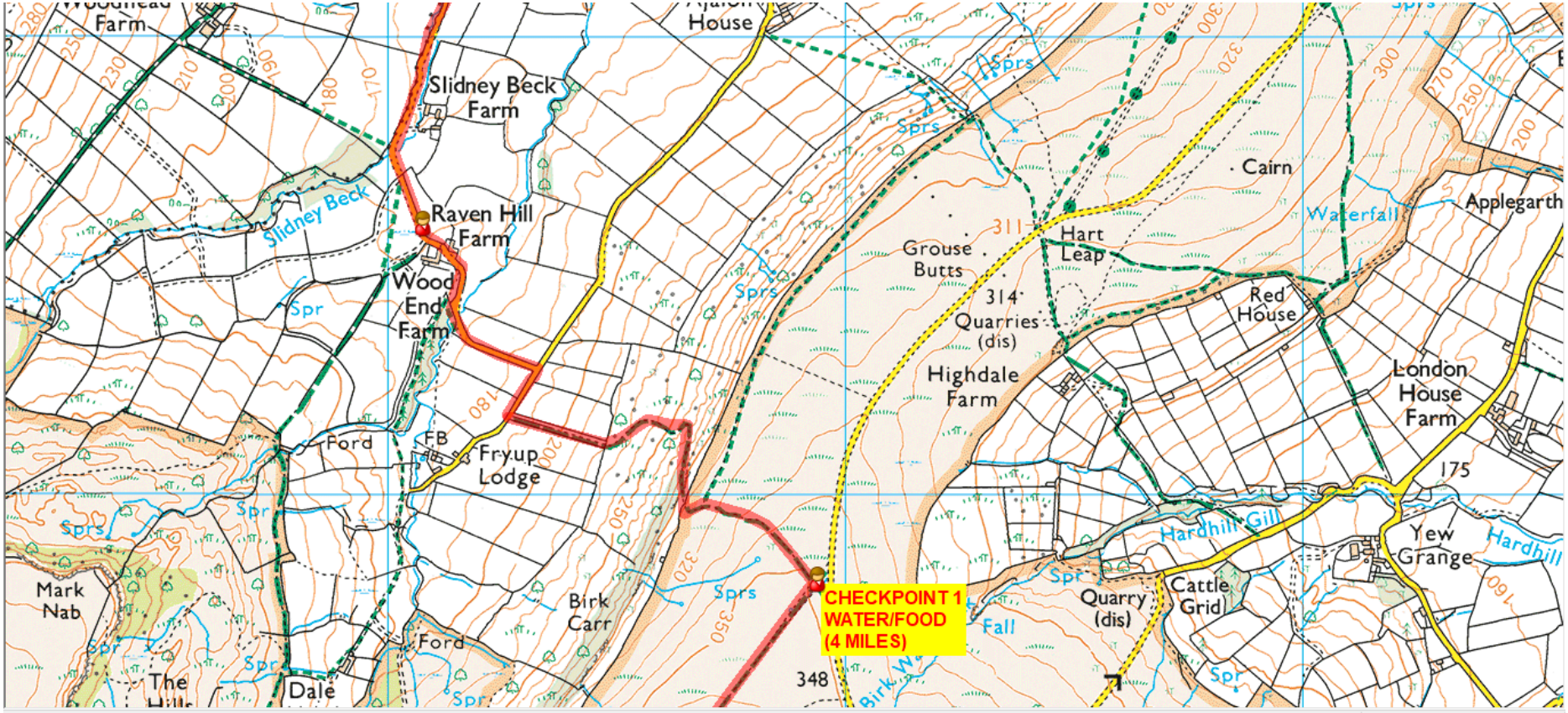
2.


Raven Hill
Spr
Wood End Farm
Ford
FB
Fryup Lodge
180
200
250
320
350
Sprs
Grouse Butts
Leap
314
Quarries (dis)
Highdale Farm
Hardhill
Cattle Grid
Quarry (dis)
Fall
Birk Wath Beck
348
Caper Hill
Grouse Butts
Pits (dis)
Birk Carr
Mark Nab
BP
Gain Road (Path)
The Hills
Dale Head
The Scar
Oven Mouth
Wood Head
361

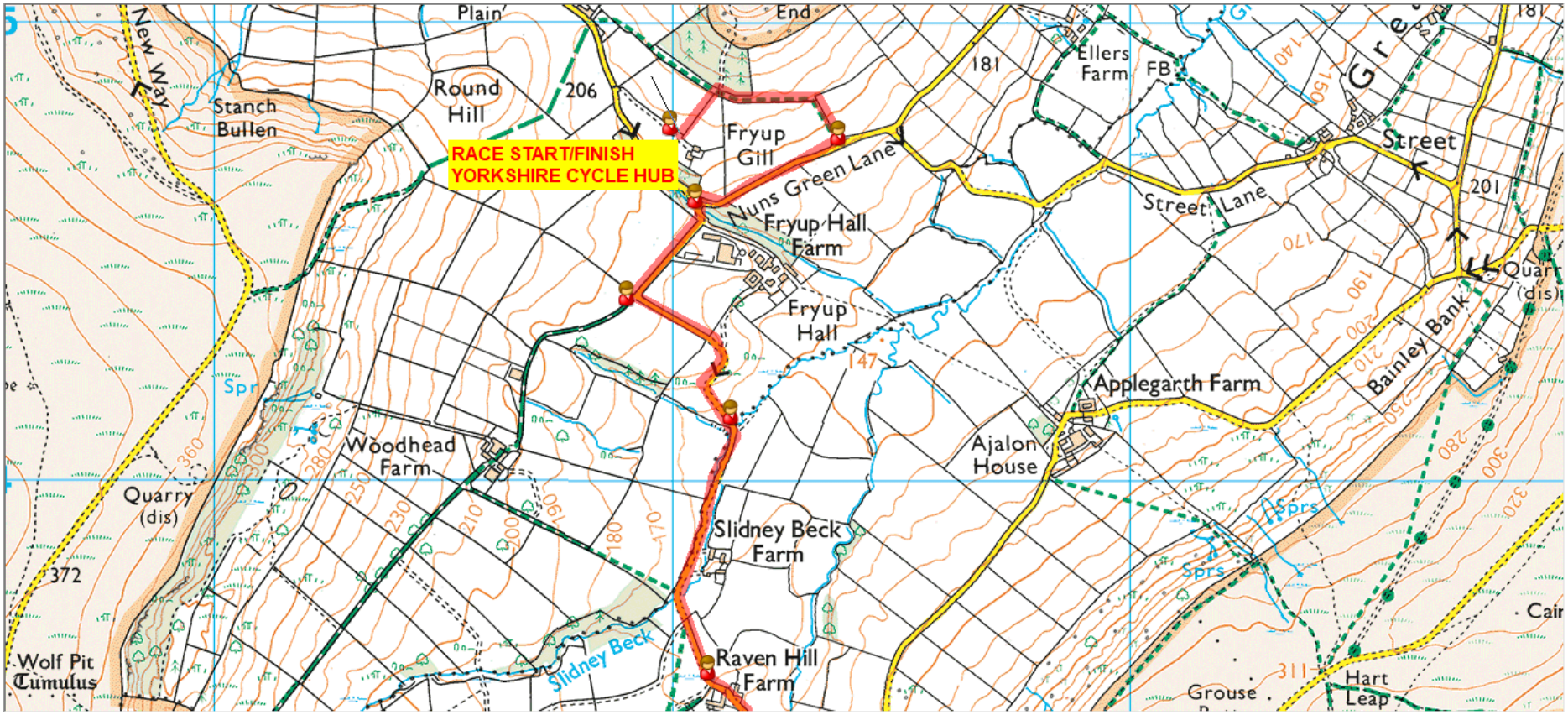
3.


CHECKPOINT 1
WATER/FOOD
(4 MILES)
Ford
FB
Fryup
Lodge
Hardhill Gill
Cattle
Grid
Quarry
(dis)
Fall
Birk Carr
Mark
Nab
The
Hills
Dale
Head
Ford
The
Scar
Oven
Mouth
Wood Head
FB
Pits
(dis)
Grouse
Butts
Caper Hill
348
361
Gain Road (Path)
BP
Trough Gill Beck
Waterfalls
Yew Grain
Scar
Shooting
Box
Cairn
Peat Hill
Cut Road (Path)
401
Spr
Sprs
200
250
320
350

4.


Farm
House
Slidney Beck Farm
Slidney Beck
Raven Hill Farm
Wood End Farm
Spr
Ford
FB
Fryup Lodge
Sprs
Mark Nab
The Hills
Dale
Birk Carr
Ford
Spr
Sprs
320
350
348
CHECKPOINT 1
WATER/FOOD
(4 MILES)
Fall
Birk
Sprs
Cairn
Waterfall
Applegarth
311
Hart Leap
Grouse Butts
314
Quarries (dis)
Highdale Farm
Red House
London House Farm
175
Hardhill Gill
Hardhill
Yew Grange
Spr
Quarry (dis)
Cattle Grid
Spr
7
180
200
250
320
300
270
250
200
160

5.


RACE START/FINISH
YORKSHIRE CYCLE HUB
New Way
Stanch Bullen
Round Hill
206
Plain
End
Fryup Gill
Nuns Green Lane
Fryup Hall Farm
Fryup Hall
147
Ellers Farm
FB
181
Street
Street Lane
201
Bainley Bank
Applegarth Farm
Ajalon House
Woodhead Farm
Quarry (dis)
372
Slidney Beck Farm
Slidney Beck
Raven Hill Farm
Wolf Pit Tumulus
Grouse
Hart Leap
311
Sprs