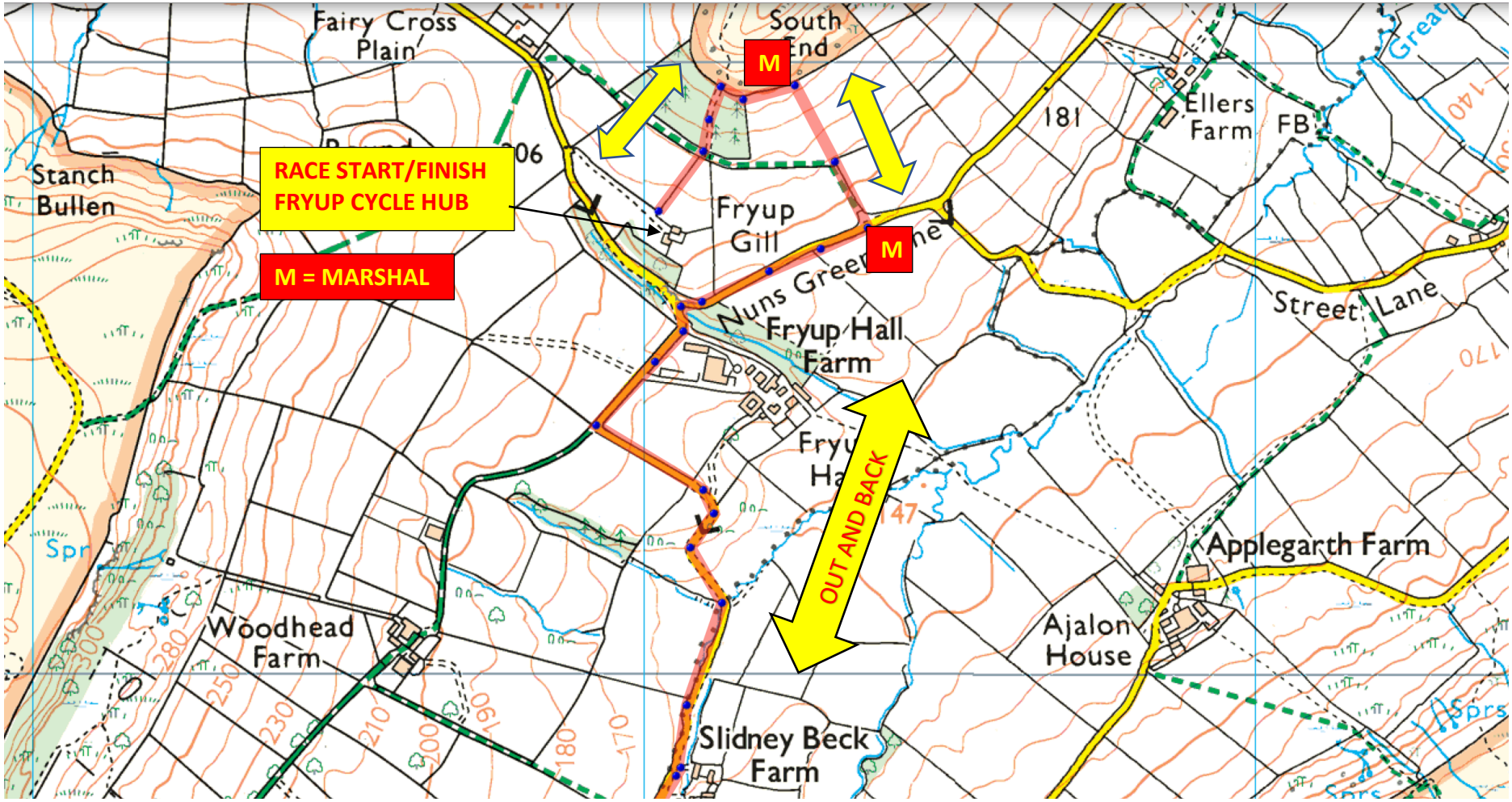
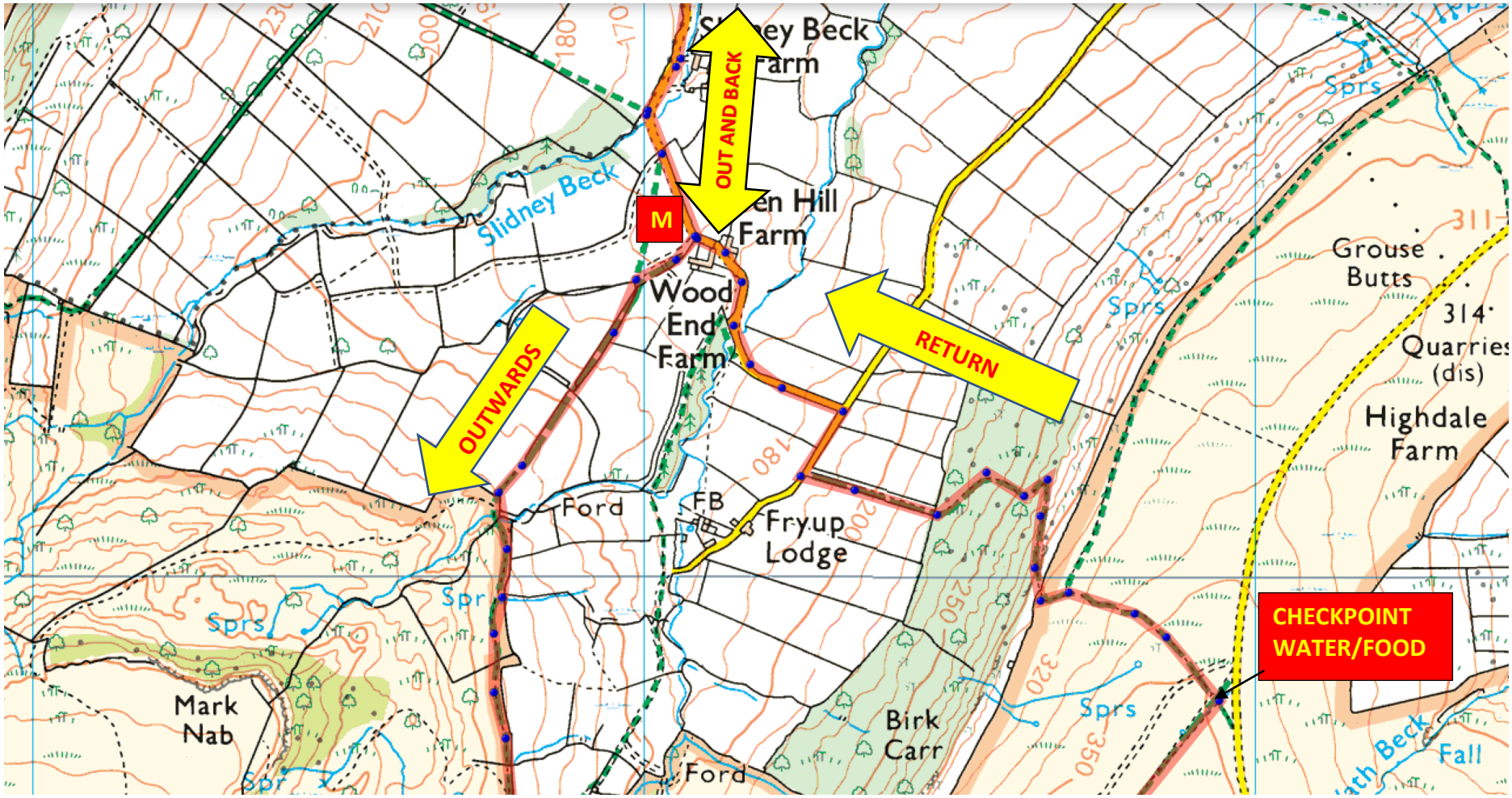
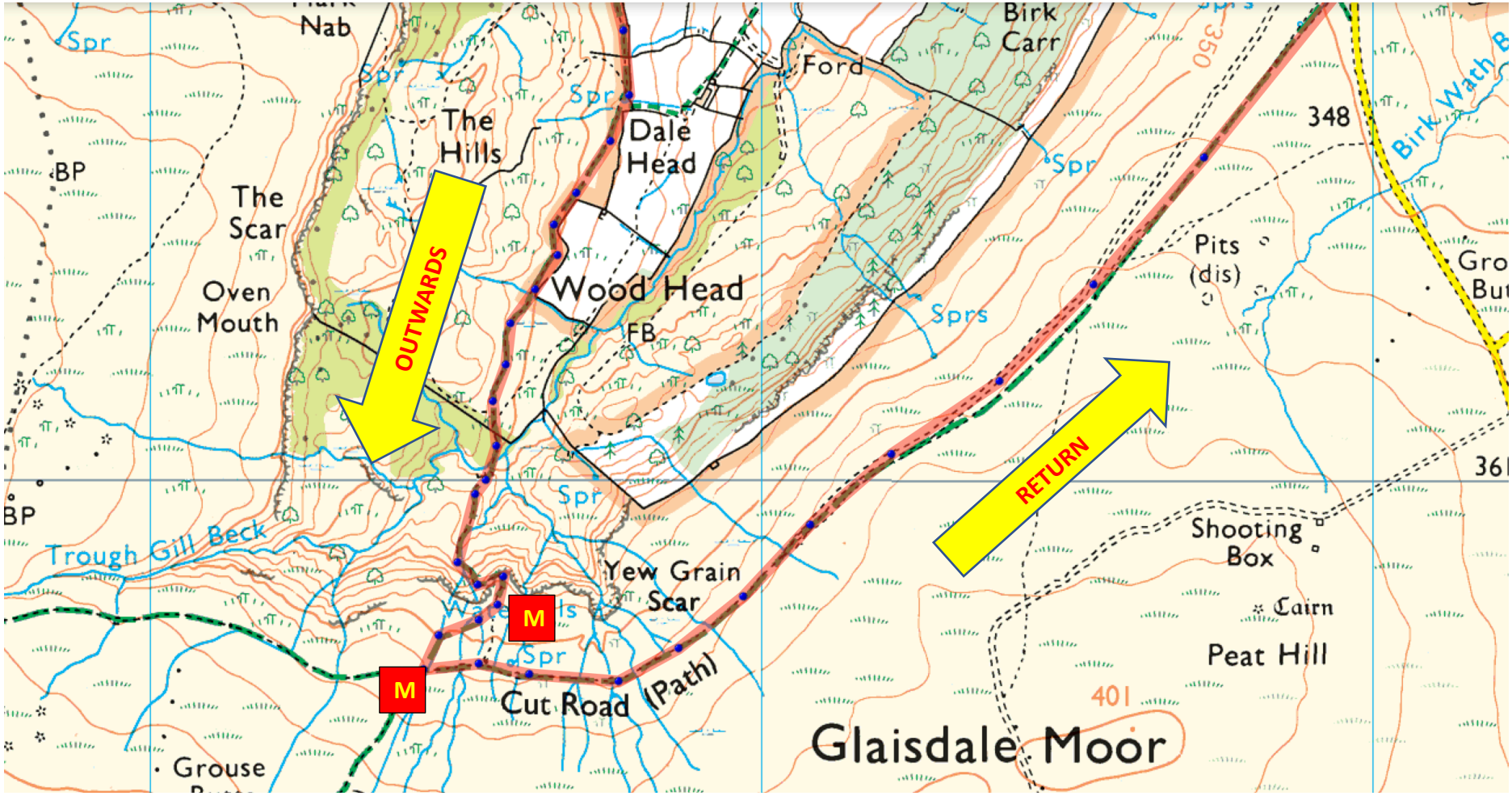
# HARDNIGHTS **FRYUP THRILLER NIGHT RACE**




OUT AND BACK
M
OUTWARDS
RETURN
CHECKPOINT
WATER/FOOD
Slidney Beck
Wood
End
Farm
Ford
FB
Fryup
Lodge
Mark
Nab
Birk
Carr
Ford
Grouse
Butts
Highdale
Farm
Sprs
Spr
180
200
250
320
350
311
314


Nab
Spr
Spr
Spr
The Hills
Dale Head
Ford
Birk Carr
348
Birk Wath B
BP
The Scar
Oven Mouth
OUTWARDS
Wood Head
FB
Spr
Sprs
Pits (dis)
Gro
But
RETURN
BP
Trough Gill Beck
Spr
Yew Grain Scar
Shooting Box
Cairn
Peat Hill
M
M
Spr
Cut Road (Path)
401
Glaisdale Moor
Grouse