

BARF SUMMIT CP1

NY214268
ALT. 510m

LORD'S SEAT SUMMIT CP2

NY204266
ALT. 552m

KEY



SISKINS CAFE
- RACE HQ



STILE



BOG



THERE BE MAMILS



PHOTO OPPORTUNITY



THERE BE NORDIC POLER'S



SATNAV FAIL



ROAD RUNNER WITH ALTITUDE SICKNESS



KIDS SLIDE (OPTIONAL)



SMILE 4 GRANDDAYOUT!



STREAM



'UK'S HARDEST PARKRUN' CASUALTY



SUMO WRESTLERS REPORTED



THAT WHITE THING YOU CAN SEE FROM THE A66



STRAVA® HOTSPOT



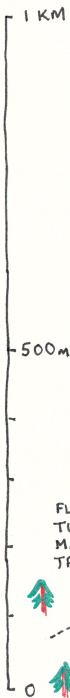
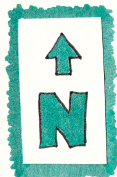
STEEP BIT



REALLY STEEP BIT



GRUFFALO®



LORD'S SEAT FELL RACE

DIAGRAM OF THE ROUTE FOR RACE 2 OF 2 IN KESWICK A.C.'S 'LORD AND LADY OF THE FOREST' SERIES. A SHORT SECTION OF OPEN FELL IN THE MIDDLE OF THE RACE IS SANDWICHED BY TWO FAST SECTIONS ON FORESTRY TRACKS, MAKING IT AN IDEAL RACE FOR ROAD RUNNERS LOOKING FOR SOMETHING A BIT DIFFERENT. TAKE CARE NOT TO MAKE NAVIGATIONAL ERRORS THOUGH, IT HAS HAPPENED HERE TO THE VERY BEST!