|  |  |  |
| --- | --- | --- |
| **PLACE** | **TIME**  | **WITNESS [sign,print,email address]** |
| **START SWIM** |  |  |
| **FINISH SWIM** |  |  |
| **START BIKE** |  |  |
| **1.HONISTER TOP** |  |  |
| **2.NEWLANDS TOP** |  |  |
| **3.WHINLATTER TOP** |  |  |
| **4.HARDKNOTT TOP** |  |  |
| **5.WRYNOSE TOP** |  |  |
| **6.KIRKSTONE TOP** |  |  |
| **FINISH BIKE** |  |  |
| **START RUN** |  |  |
| **7.SCAFELL** |  |  |
| **8.SCAFELL PIKE** |  |  |
| **9.HELVELLYN** |  |  |
| **10.SKIDDAW** |  |  |
| **FINISH!!!** |  |  |