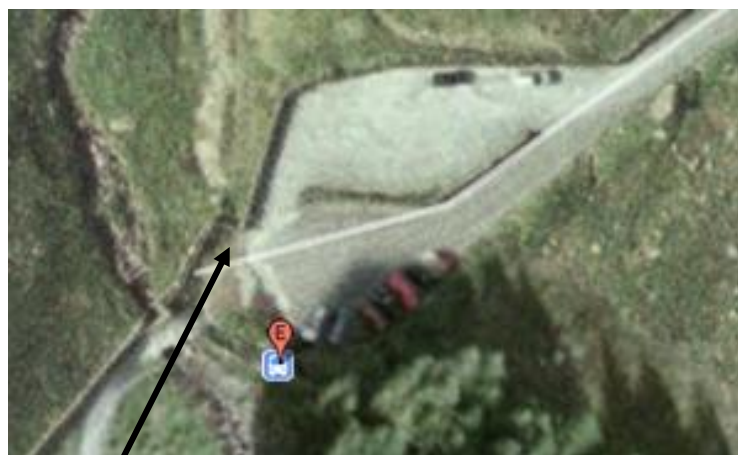


LAKELAND 100
CHECKPOINT 10 MARDALE
Checkpoint Staff: North Doodle



CP10

- Location: At the end of the road to Mardale (Haweswater) from Bampton
- Nearest postcode: CA10 2RP
- Grid reference: 469107
- Marshall is working from vehicle
- Feeding: Yes – soup, bread, hot drinks, coke
- SI-card electronic timing station
- Comms link to Race HQ
- Next Checkpoint: Kentmere
- Distance to next checkpoint: 9.6km (5.9m)
- Ascent: 505m (1657ft)
- Descent: 593m (1945ft)
- Distance covered so far:
L100 competitors: 120.3km (74.7m)
L50 competitors: 30.6km (19m)