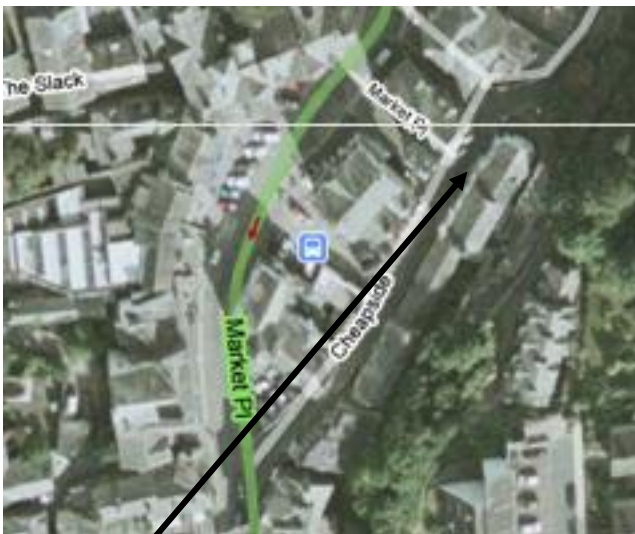


LAKELAND 100
CHECKPOINT 12 LAKES RUNNER AMBLESIDE
Checkpoint Staff: Lakes Runner



CP12

- Location: On Cheapside in Ambleside
- Behind Old Market Hall
- Nearest postcode: LA22 0AB
- Grid reference: 377045
- All facilities available (electricity, water, toilets, chairs, tables)
- Feeding: YES - soup, bread, hot drinks, coke
- SI-card electronic timing station
- Landline phone contact to Race organisers at Coniston HQ
- Next checkpoint: Chapel Stile, Langdale
- Distance to next checkpoint: 7.7km (4.8m)
- Ascent: 245m (804ft)
- Descent: 201m (659ft)
- Distance covered so far:
 - L100 competitors: 141.4km (88m)
 - L50 competitors: 51.7km (32.1m)