

LAKELAND 100  
CHECKPOINT 13 LANGDALE SCHOOL  
Checkpoint Staff: The Climbers' Shop



CP13

- Location: On left of road at Chapel Stile in Langdale Valley
- Nearest postcode: LA22 9JE
- Grid reference: 320054
- Only porch and toilets available – rest of school alarmed!
- Facilities available: electricity, water, toilets, some chairs and tables
- Feeding: YES - Veg stew, pitta, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: Tilberthwaite
- Distance to next checkpoint: 12.5km (7.8m)
- Ascent: 402m (1319ft)
- Descent: 334m (1096ft)
- Distance covered so far:
  - L100 competitors: 149.1km (92.6m)
  - L50 competitors: 59.4km (36.9m)