

LAKELAND 100
CHECKPOINT 14 TILBERTHWAITE
Checkpoint Staff: L100 team



CP14

- Location: At car park before bridge across river up unmarked road
- Nearest postcode: LA21 8DG
- Grid reference: 306010
- Marshall working from van
- Feeding: YES - malt loaf, biscuits, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: THE FINISH (Coniston)
- Distance to LAST checkpoint: 5.7km (3.5m)
- Ascent: 283m (928ft)
- Descent: 385m (1263ft)
- Distance covered so far:
L100 competitors: 161.6km (100.4m)
L50 competitors: 71.9km (44.7m)