

LAKELAND 100
CHECKPOINT 3 – WASDALE HEAD
Checkpoint Staff: TBA



CP3

Wasdale
Head Inn

- Location: Small barn at Wasdale Head just up the track after Inn
- Nearest postcode: CA10 1EX
- Grid reference: 187088
- Facilities: Electricity and water, but basic facilities otherwise
- Feeding: Yes – soup, bread, hot drinks, coke
- SI-card electronic timing station
- Radio Comms link to Race HQ
- Next checkpoint: Buttermere
- Distance to next checkpoint: 10.9km (6.8m)
- Ascent: 743m (2437ft)
- Descent: 703m (2306ft)
- Distance covered so far: 29.8km (18.5m)