

LAKELAND 100
CHECKPOINT 4 BUTTERMERE
Checkpoint Staff: L100 Medical team



- Location: On T junction just up the track from Fish Hotel
- Nearest postcode: CA13 9XA
- Grid reference: 175170
- All facilities available (electricity, water toilets, chairs, tables)
- Feeding: Yes - soup, bread, hot drinks, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: Braithwaite
- Distance to next checkpoint: 13.9km (8.6m)
- Ascent: 744m (2440ft)
- Descent: 774m (2539ft)
- Distance covered so far: 40.7km (25.3m)



Fish Hotel

CP4 Old School Hall

Lake