

LAKELAND 100
CHECKPOINT 7 DOCKRAY
Checkpoint Staff: L100 team



CP7

- Location: In gravel car park by gate just off unmarked road out of Dockray
- Nearest postcode: CA11 0LG
- Grid reference: 380219
- Marshall is working from van
- Feeding: Yes – flapjack, bananas, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next Checkpoint: Dalemain
- Distance to next checkpoint: 15.9km (9.8m)
- Ascent: 356m (1168ft)
- Descent: 622m (2040ft)
- Distance covered so far: 80.2km (50m)