

LAKELAND 100
CHECKPOINT 8 DALEMAIN
Checkpoint Staff: The Endurance Store



Additional
Parking

Parking

Courtyard

CP8

- Location: In field on left at top of entrance track to Dalemain House
- Nearest postcode: CA11 0HB
- Grid reference: 478269
- **L50 STARTS FROM HERE - SATURDAY 12 NOON**
- Space and facilities here for spectators
- Facilities available: electricity, water, toilets in courtyard, portaloo
- Feeding: YES - FOR L100 COMPETITORS - THE SECOND FULL HOT FOOD STOP - pasta, rice pudding, biscuits, hot drinks, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: Howtown
- Distance to next checkpoint: 10.8km (6.8m)
- Ascent: 285m (935ft)
- Descent: 252m (827ft)
- Distance covered so far by L100 competitors: 96.1km (59.7m)