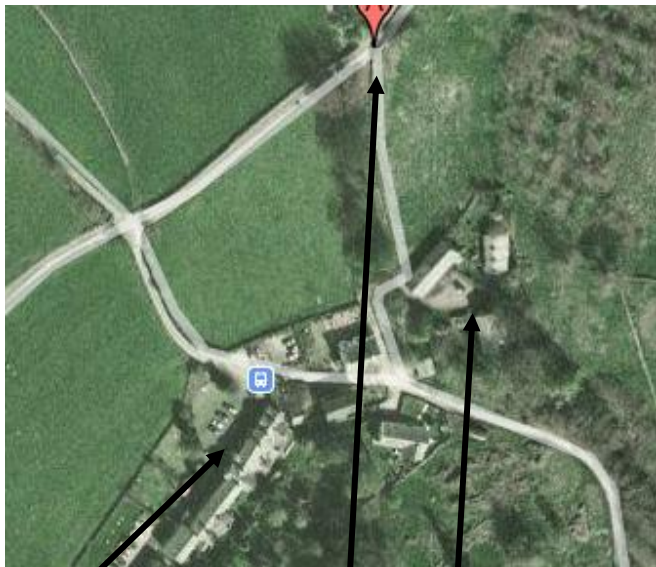


LAKELAND 100
CHECKPOINT 9 HOWTOWN BOBBIN MILL
Checkpoint Staff: Zest Travel



Howtown Hotel

CP9

Use this track out

- Location: Round the corner from Howtown Hotel.
- Nearest postcode: CA10 2ND
- Grid reference: 443196
- All facilities available (electricity, water, toilets, chairs, tables)
- Feeding: Yes – maltloaf, cake, hot drinks, water
- SI-card electronic timing station
- Comms link to Race HQ
- Next checkpoint: Mardale
- Distance to next checkpoint: 13.4km (8.3m)
- Ascent: 738m (2421ft)
- Descent: 656m (2152ft)
- Distance covered so far:
L100 competitors: 106.9km (66.4m)
L50 competitors: 17.2km (10.7 m)