



ELITE Day 1

27.1km / 1940m

All markers to be visited in sequence (by both team members) except where stated
All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012



Code	START	Description	Grid
201	1	Forest track at culverted stream	326 321
219	2	Parnell's bridge, south side	327 319
220	3	Corner of forest boundary wall (in forest)	348 312
214	4	West end of lower crag, foot	348 300
203	Any order	Long re-entrant parallel to stream, top part	329 304
204	Any order	Reentrant west of crag end	311 297
211	7	Stream junction, south most	325 284
221	8	Small spur south of top of Meelbeg	301 277
212	Any order	Track bend on south east ridge of Doan	303 258
215	Any order	Base of slabs, S end	325 261
216	Any order	Top (south end) of long curving gully feature	312 244
217	12	Small SE facing spur	324 245
207	13	Edge of scree field, 100m NW of track junction	333 256
218	14	South side of big meander	341 258
210	15	Base of quarried crag, in corner	354 253
		Wall junction, SW side	358 234
		FINISH Follow tapes and signs to track junction	355 229
		Punch and download	



ELITE Day 2

22.5km / 1500m

All markers to be visited in sequence (by both team members) except where stated
All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012



Code	START	Description	Grid
222	1	Stile/track end at corner of forest	352 235
223	Any order	20m downstream from track stream junction	356 249
229	Any order	Spur, W end (rocky)	351 264
230	4	Sheepfold	374 252
225	5	Stream junction	366 268
233	6	Track enters forest	371 293
234	7	Top of Black Stairs, beside stream	364 291
235	Any order	Lip of crag, midway along NE face, on 660m contour	357 282
236	Any order	Little spur above col	341 280
231	Any order	Craggy punchbowl near top of Pot of Legawherry	337 287
237	11	Break in slope, E shoulder of corrie, 620m contour	343 289
213	12	Top of crag	333 292
232	13	Faint wall/earth bank, south end	339 309
228	14	Minor stream bend, midway between tracks	336 313
		Forest track at culverted stream, north most	329 322
F2	FINISH	Back of Tollymore Mountain Centre	327 323
		Punch at Finish and Download	

B

Day 1

Code	START	Description	Grid
201	1	Forest track at culverted stream	326 321
213	2	Parnell's bridge, south side	327 319
214	3	Faint wall/earth bank, south end	339 309
203	4	Long re-entrant parallel to stream, top part	329 304
211	5	Reentrant west of crag end	311 297
212	Any order	Small spur south of top of Meelbeg	301 277
215	Any order	Base of slabs, S end	325 261
216	Any order	Top (south end) of long curving gully feature	312 244
217	9	Small SE facing spur	324 245
207	10	Edge of scree field, 100m NW of track junction	333 256
218	11	South side of big meander	341 258
210	12	Base of quarried crag, in corner	354 253
		Wall junction, SW side	358 234
			355 229
FINISH		Follow tapes and signs to track junction	
		Punch and download	

22.1km / 1500m

All markers to be visited in sequence (by both team members)

All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Low e Alpine

Mourne Mountain Marathon 2012



B

Day 2

Code	START	Description	Grid
222	1	Stile/track end at corner of forest	352 235
223	Any order	20m downstream from track stream junction	356 249
229	Any order	Spur, W end (rocky)	351 264
230	4	Sheepfold	374 252
225	5	Stream junction	366 268
231	Any order	Track enters forest	371 293
220	Any order	Break in slope, E shoulder of corrie, 620m contour	343 289
232	8	West end of lower crag, foot	348 300
228	9	Minor stream bend, midway between tracks	336 313
		Forest track at culverted stream, north most	329 322
F2	FINISH	Back of Tollymore Mountain Centre	327 323
		Punch at Finish and Download	

19.6km / 1130m

All markers to be visited in sequence (by both team members)

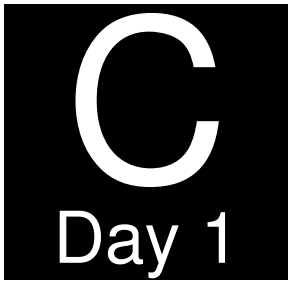
All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Low e Alpine

Mourne Mountain Marathon 2012





Code	START
201	1
202	2
203	3
211	4
212	5
207	6
209	7
210	8

FINISH Follow tapes and signs to track junction
Punch and download

Description	Grid
Forest track at culverted stream	326 321
Parnell's bridge, south side	327 319
Track junction (Y junction)	313 315
Reentrant west of crag end	311 297
Small spur south of top of Meelbeg	301 277
Base of slabs, S end	325 261
South side of big meander	341 258
Track bend beside river	348 258
Wall junction, SW side	358 234
	355 229

Cut off 13:00

Cut-off 18:00

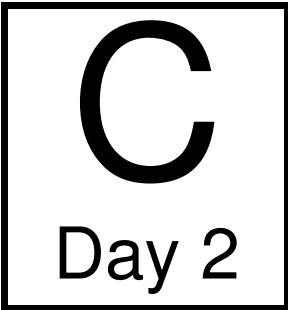
16.3km / 1160m

All markers to be visited in sequence (by both team members)

All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012



Code	START
222	1
223	Any order
229	Any order
230	4
225	5
220	6
213	7
232	8
228	9

FINISH Back of Tollymore Mountain Centre
Punch at Finish and Download

Description	Grid
Stile/track end at corner of forest	352 235
20m downstream from track stream junction	356 249
Spur, W end (rocky)	351 264
Sheepfold	374 252
Stream junction	366 268
Track enters forest	371 293
West end of lower crag, foot	348 300
Faint wall/earth bank, south end	339 309
Minor stream bend, midway between tracks	336 313
Forest track at culverted stream, north most	329 322
	327 323

Cut-off 12:30

Cut-off 14:30

17.5km / 890m

All markers to be visited in sequence (by both team members)

All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012



D

Day 1

Code	START	Description	Grid
201	1	Forest track at culverted stream	326 321
202	2	Parnell's bridge, south side	327 319
203	3	Track junction (Y junction)	313 315
204	4	Reentrant west of crag end	311 297
205	5	Stream junction, south most	325 284
206	6	Slight bend on East shoreline of Ben Crom Reservoir	319 259
207	7	Blue Lough, south tip	327 251
208	8	South side of big meander	341 258
209	9	Wall, path junction	341 251
210	10	Track bend beside river	348 258
		Wall junction, SW side	358 234
		FINISH Follow tapes and signs to track junction	355 229
		Punch and download	

Cut-off 13:00

Cut-off 18:00

17.0km / 770m

All markers to be visited in sequence (by both team members)

All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012



D

Day 2

Code	START	Description	Grid
222	1	Stile/track end at corner of forest	352 235
223	2	20m downstream from track stream junction	356 249
224	3	Spur, W end (rocky)	351 264
225	4	Stream bend, just down from path stream junction	352 284
226	5	Track enters forest	371 293
227	6	Forest track junction	364 298
219	7	Track crosses small river	356 306
232	8	Corner of forest boundary wall (in forest)	348 312
228	9	Minor stream bend, midway between tracks	336 313
		Forest track at culverted stream, north most	329 322
		FINISH Back of Tollymore Mountain Centre	327 323
		Punch at Finish and Download	

Cut-off 11:30

Cut-off 14:30

15.4km / 660m

All markers to be visited in sequence (by both team members)

All retirements to be reported to start/finish as soon as possible. Phone 07415 770578



Lowe Alpine Mourne Mountain Marathon 2012

