



ELITE Day 1

28.7km / 1470m

All markers to be visited in sequence (by both team members) except where stated.
 Wildcard can be included anywhere in your sequence including cluster.
 All retirements to be reported as soon as possible. Phone 07711 118035



Low Alpine Mourne Mountain Marathon 2013



Code	START	Description	Grid
135	Wildcard	Exit from Leitrim Lodge car park	225 255
142	1	Stream junction	239 246
141	2	South end of crag	228 249
140	3	Top corner of enclosed clearing	224 238
144	4	Track junction	219 222
143	5	Sheepfold	212 199
139	6	NW most reentrant, 225 contour	223 188
138	Any order	Knoll above stream source	241 215
126	Any order	Crag foot, central	260 227
125	9	Middle track end below quarry	252 233
124	10	Between ponds	264 253
131	11	Stile, Deer's Meadow	270 253
137	12	Small South facing spur, top	288 244
121	13	Top of crag	300 236
F1	FINISH	Top of dam, middle	306 218
		Follow tapes to finish at building	307 215
		Punch and download	

Cut-off 17:30



ELITE Day 2

20.8km / 1470m

All markers to be visited in sequence (by both team members) except where stated
 All retirements to be reported as soon as possible. Phone 07711 118035



Low Alpine Mourne Mountain Marathon 2013



Code	START	Description	Grid
110	1	Junction above Silent Valley cafe	307 214
120	Any order	Large boulder, E side, 330m contour	317 223
113	Any order	NW corner of E most tor	314 278
114	Any order	W tor, E side, base of rock corner	319 245
108	Any order	Foot of tor, W side, above boulders	320 230
118	Any order	Big boulder, North side	326 240
104	Any order	Spur, West side of Binnian	311 238
112	Any order	Wall bend near col	331 288
119	9	West end of crag	332 265
115	10	Stream bend	320 303
102	11	Base of small crag, E most	328 308
101	12	Stile at South end of track	332 309
F2	FINISH	Parnell's bridge, South side	327 319
		Back of Tollymore Mountain Centre	327 322
		Punch at Finish and Download	

Cut-off 12:00

Cut-off 16:00

B

Day 1

22.0km / 1110m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035



Code	START	Description	Grid
142	1	Exit from Leitrim Lodge car park	225 255
141	2	South end of crag	228 249
129	3	Top corner of enclosed clearing	224 238
140	4	Track junction	229 232
139	5	Track junction	219 222
126	Any order	Knoll above stream source	241 215
138	Any order	Middle track end below quarry	252 233
125	8	Crag foot, central	260 227
124	9	Between ponds	264 253
131	10	Stile, Deer's Meadow	270 253
137	11	Small South facing spur, top	288 244
121	12	Top of crag	300 236
F1	FINISH	Top of dam, middle	306 218
		Follow tapes to finish at building	307 215
		Punch and download	

Cut-off 16:30



Lowe Alpine

Mourne Mountain Marathon 2013

B

Day 2

20.5km / 1220m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035



Code	START	Description	Grid
110	1	Junction above Silent Valley cafe	307 214
118	Any order	Large boulder, E side, 330m contour	317 223
113	Any order	Spur, West side of Binnian	311 238
114	Any order	W tor, E side, base of rock corner	319 245
108	5	Foot of tor, W side, above boulders	320 230
112	6	Big boulder, North side	326 240
116	Any order	West end of crag	332 265
117	Any order	Above Castles, top of wide gully, E side	345 279
104	9	Stream bend	348 275
111	10	Wall bend near col	331 288
115	11	Small rocky spur	326 302
102	12	Base of small crag, E most	328 308
101	13	Stile at South end of track	332 309
F2	FINISH	Parnell's bridge, South side	327 319
		Back of Tollymore Mountain Centre	327 322
		Punch at Finish and Download	

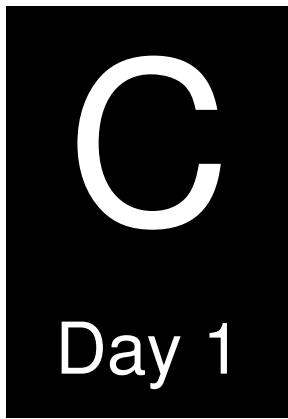
Cut-off 12:00

Cut-off 16:00



Lowe Alpine

Mourne Mountain Marathon 2013



18.3km / 880m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035

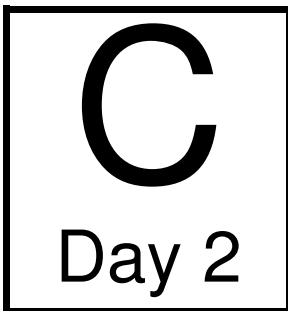


**Low Alpine
 Mourne Mountain Marathon 2013**



Code	START	Description	Grid
		Exit from Leitrim Lodge car park	225 255
130	1	Gravel quarry by track bend	228 254
136	2	Top of west shoulder Rocky	232 258
135	3	Stream junction	239 246
129	4	Track junction	229 232
134	5	Stream junction, south most	231 227
133	6	Narrow reentrant, middle part	241 224
127	7	Wall bend	243 233
132	8	Base of crag	253 240
125	9	Between ponds	264 253
124	10	Stile, Deer's Meadow	270 253
131	11	Small South facing spur, top	288 244
122	12	Stile	292 224
121	13	Top of dam, middle	306 218
F1	FINISH	Follow tapes to finish at building Punch and download	307 215

Cut-off 16:30



15.9km / 950m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035



**Low Alpine
 Mourne Mountain Marathon 2013**



Code	START	Description	Grid
		Junction above Silent Valley cafe	307 214
110	1	Large boulder, E side, 330m contour	317 223
114	2	Foot of tor, W side, above boulders	320 230
113	Any order	W tor, E side, base of rock corner	319 245
108	Any order	Big boulder, North side	326 240
112	5	West end of crag	332 265
104	6	Wall bend near col	331 288
111	7	Small rocky spur	326 302
102	8	Stile at South end of track	332 309
101	9	Parnell's bridge, South side	327 319
F2	FINISH	Back of Tollymore Mountain Centre Punch at Finish and Download	327 322

Cut-off 12:00

Cut-off 16:00

D

Day 1

16.0km / 840m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035



Code	START	Description	Grid
130	1	Exit from Leitrim Lodge car park	225 255
129	2	Gravel quarry by track bend	228 254
128	3	Track junction	229 232
127	4	Wall bend near top of Shanlieve	240 227
126	5	Wall bend	243 233
125	6	Middle track end below quarry	252 233
124	7	Between ponds	264 253
123	8	Stile, Deer's Meadow	270 253
122	9	Wall at foot of crag	284 260
121	10	Stile	292 224
F1	FINISH	Top of dam, middle	306 218
		Follow tapes to finish at building	307 215
		Punch and download	

Cut-off 16:00



Lowe Alpine

Mourne Mountain Marathon 2013

D

Day 2

14.6km / 910m

All markers to be visited in sequence (by both team members)
 All retirements to be reported as soon as possible. Phone 07711 118035



Code	START	Description	Grid
110	1	Junction above Silent Valley cafe	307 214
109	2	Large boulder, E side, 330m contour	317 223
108	3	Stile	322 233
107	4	Big boulder, North side	326 240
106	5	Corner of forest	334 242
105	6	Track stream junction, by 345m contour	341 271
104	7	Track at col (Brandy Pad)	341 279
103	8	Wall bend near col	331 288
102	9	Wall bend	336 301
101	10	Stile at South end of track	332 309
F2	FINISH	Parnell's bridge, South side	327 319
		Back of Tollymore Mountain Centre	327 322
		Punch at Finish and Download	

Cut-off 12:00

Cut-off 16:00



Lowe Alpine

Mourne Mountain Marathon 2013