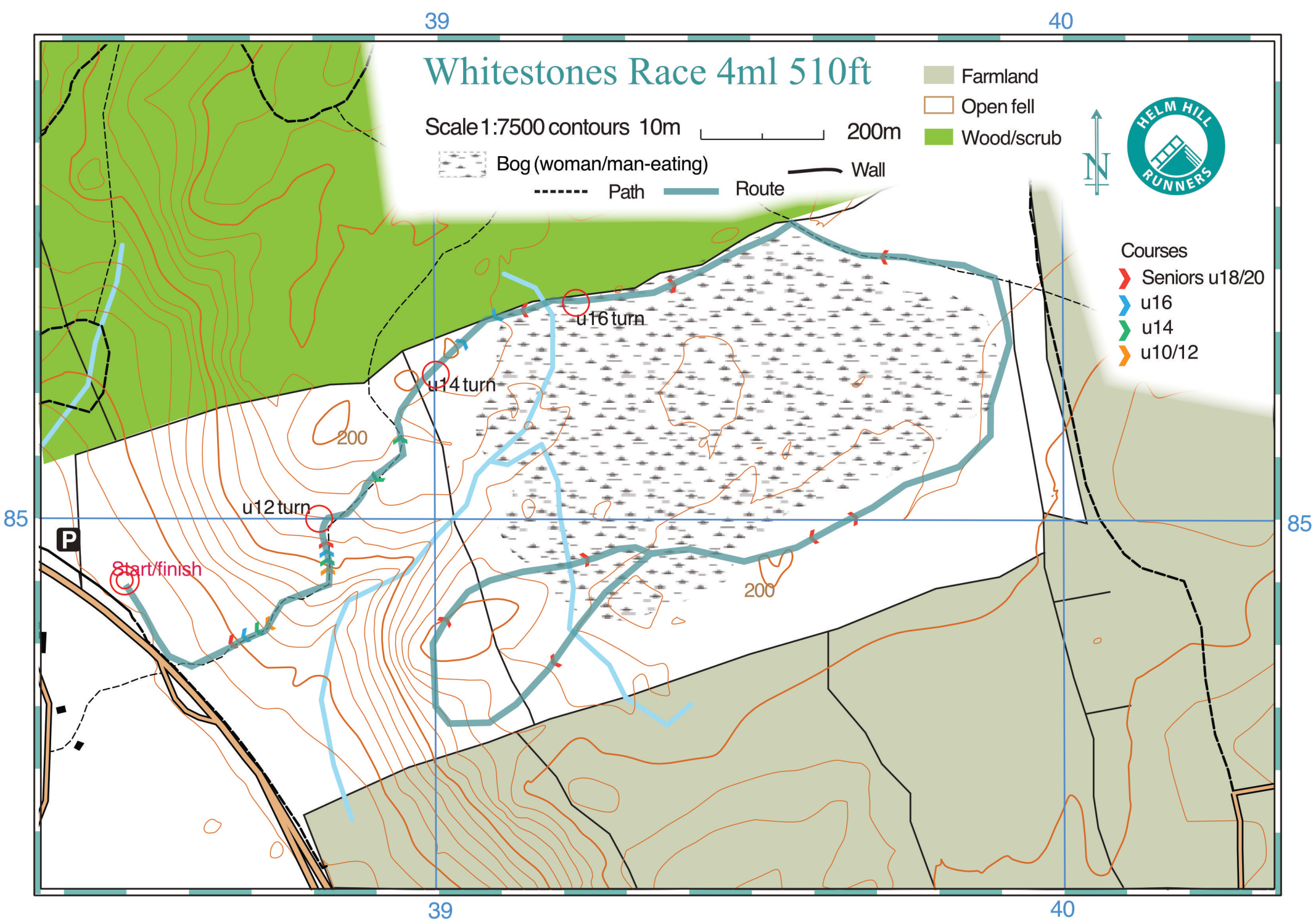

Whitestones Race 4ml 510ft
Scale 1:7500 contours 10m
200m
Farmland
Open fell
Wood/scrub
Bog (woman/man-eating)
Wall
Path
Route
N
HELM HILL RUNNERS
Courses
Seniors u18/20
u16
u14
u10/12
u16 turn
u14 turn
u12 turn
Start/finish
P
200
200
39
40
85