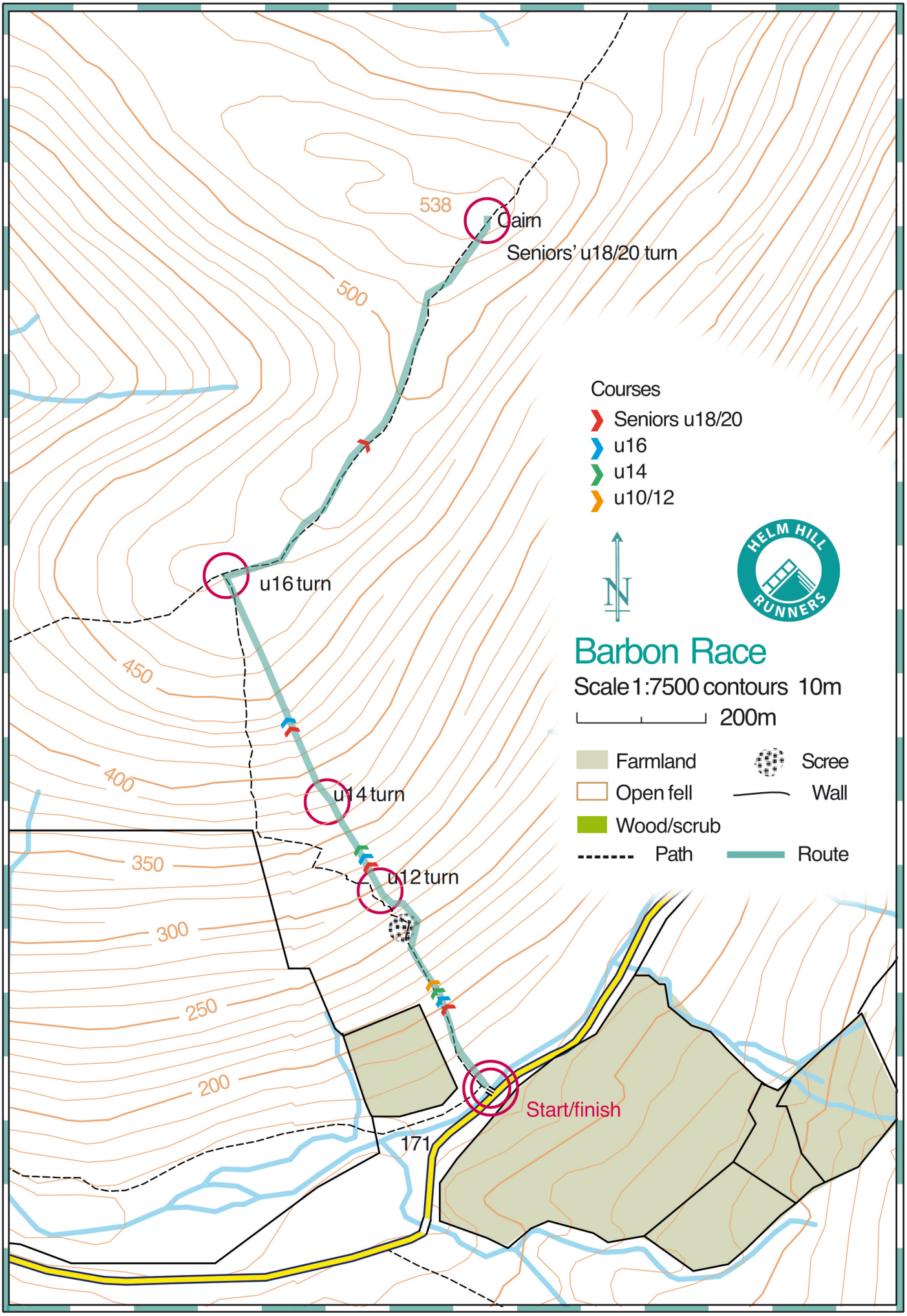

538
Cairn
Seniors' u18/20 turn
500
u16 turn
450
400
u14 turn
350
u12 turn
300
250
200
171
Start/finish
Courses
Seniors u18/20
u16
u14
u10/12
N
HELM HILL RUNNERS
Barbon Race
Scale 1:7500 contours 10m
200m
Farmland
Scree
Open fell
Wall
Wood/scrub
Path
Route