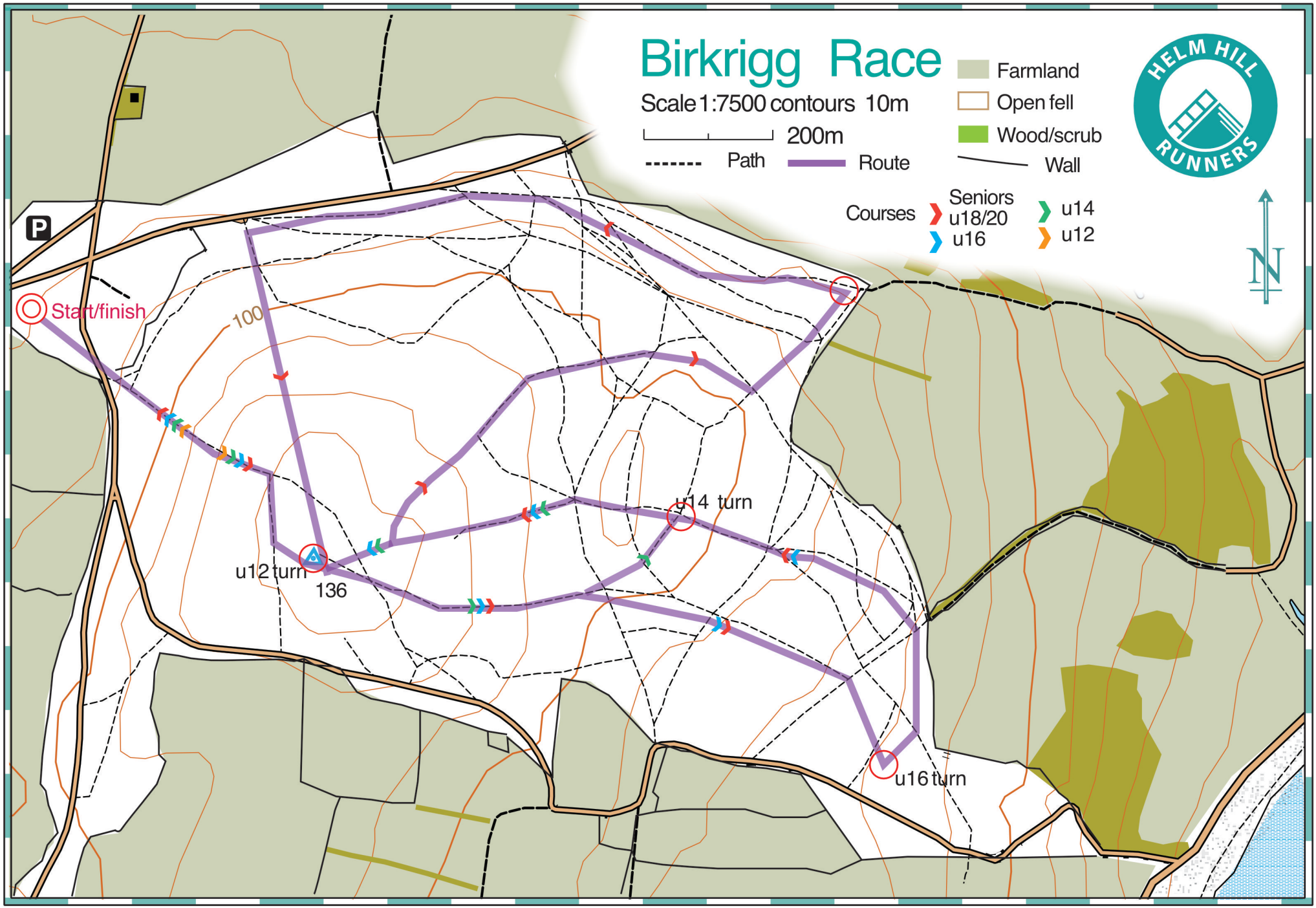

Birkrigg Race
Scale 1:7500 contours 10m
200m
Path
Route
Farmland
Open fell
Wood/scrub
Wall
HELM HILL RUNNERS
Courses
Seniors
u18/20
u16
u14
u12
N
P
Start/finish
100
u14 turn
u12 turn
136
u16 turn