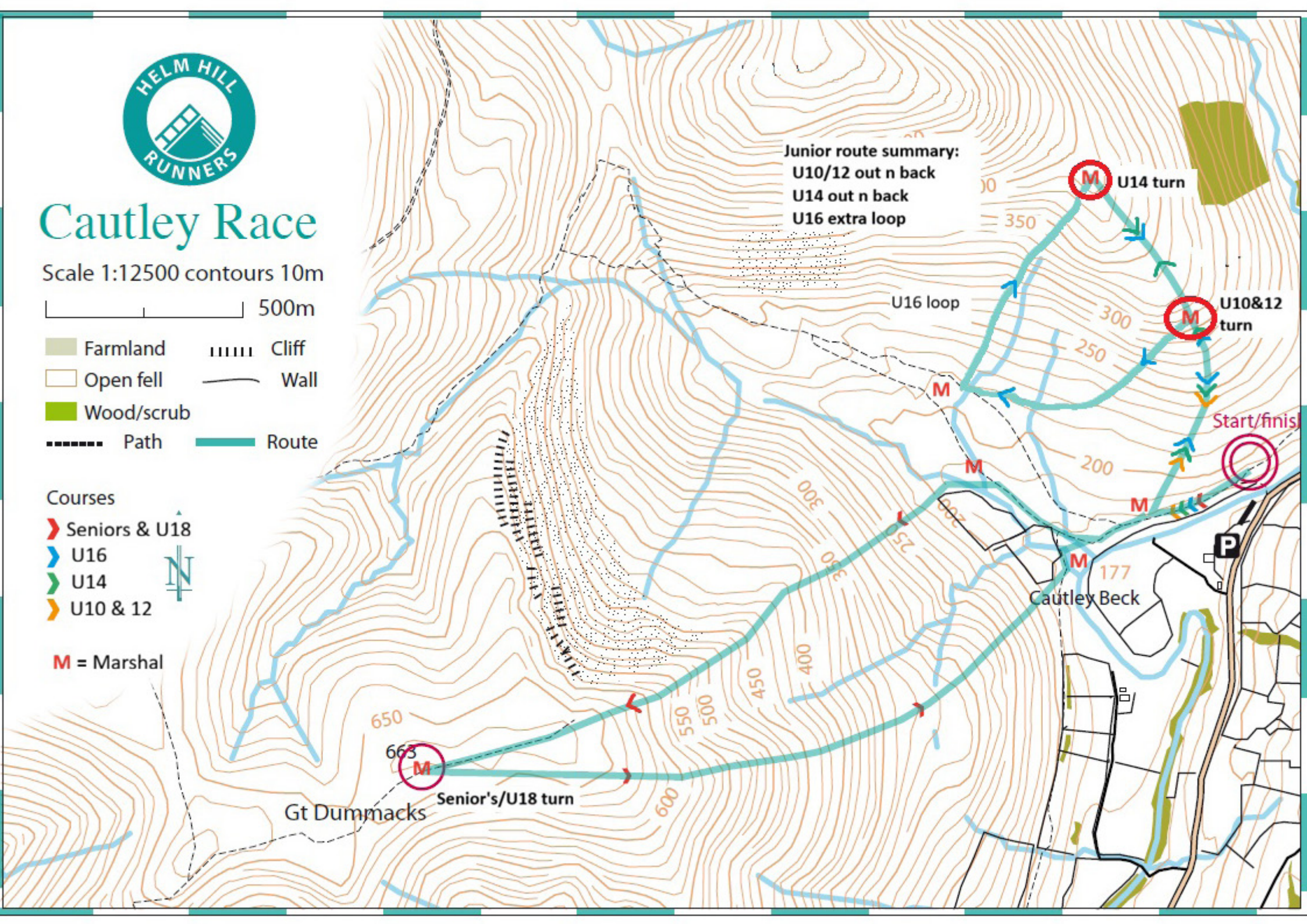

HELM HILL RUNNERS
Cautley Race
Scale 1:12500 contours 10m
500m
Farmland
Cliff
Open fell
Wall
Wood/scrub
Path
Route
Courses
Seniors & U18
U16
U14
U10 & 12
M = Marshal
Junior route summary:
U10/12 out n back
U14 out n back
U16 extra loop
U14 turn
U10&12 turn
U16 loop
Start/finish
Cautley Beck
Gt Dummacks
663
Senior's/U18 turn
350
300
250
200
177
650
600
550
500
450
400