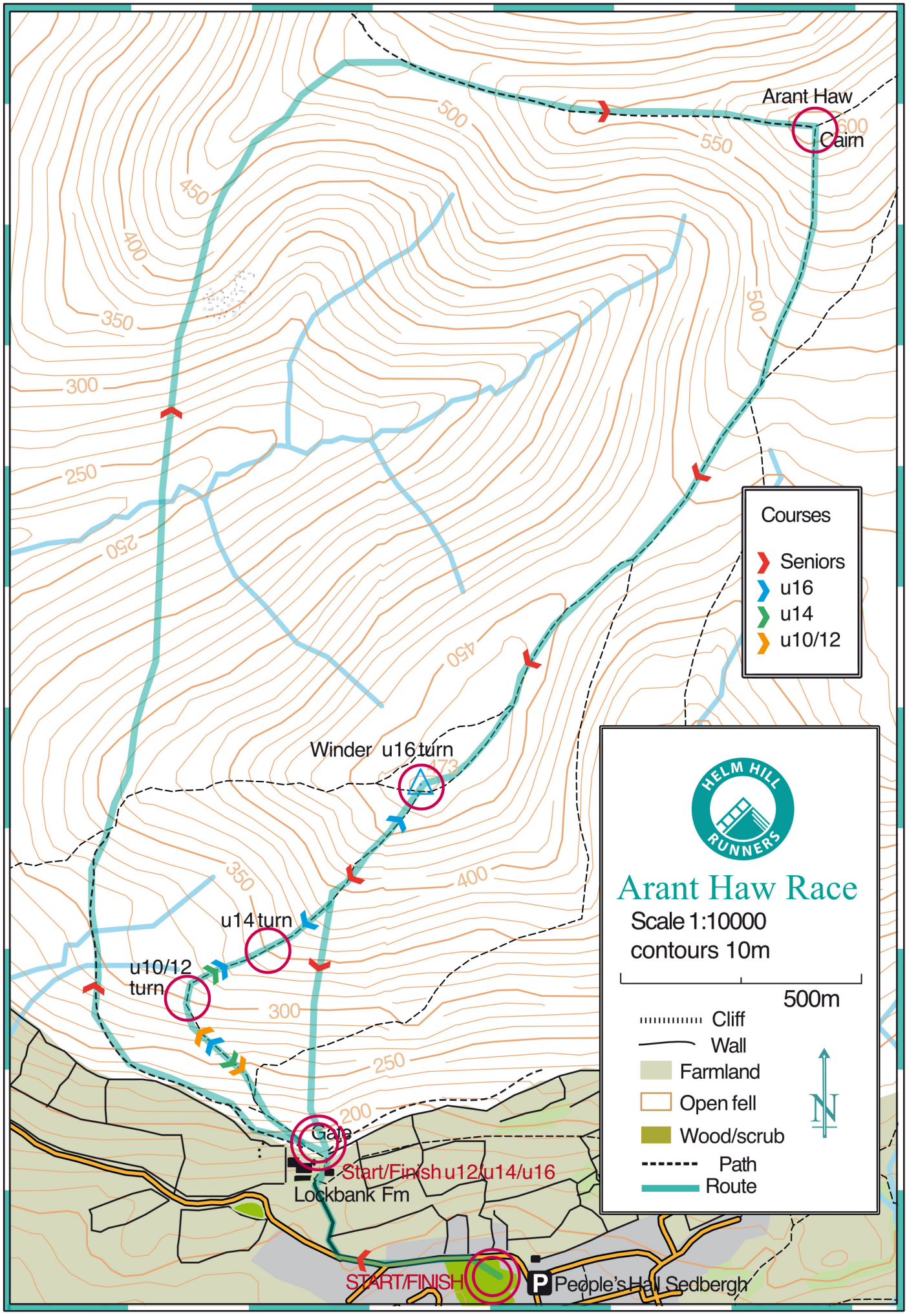

Arant Haw
Cairn
500
550
600
450
400
350
300
250
Courses
Seniors
u16
u14
u10/12
Winder u16 turn
473
u14 turn
u10/12 turn
HELM HILL RUNNERS
Arant Haw Race
Scale 1:10000
contours 10m
500m
Cliff
Wall
Farmland
Open fell
Wood/scrub
Path
Route
N
Gate
Start/Finish u12/u14/u16
Lockbank Fm
START/FINISH
P
People's Hall Sedbergh