

McCain's Mountain Challenge – 22nd September 2012

Under 16 and Under 18 (Girls) Races

Gamblesby/Renwick Road to Near Top – 4.3 km Alt gain 310 m

Race Times - Under 16 (Girls) - 12.00 ; Under 16 (Boys) and Under 18 (Girls) – 12.30



Under 18 (Boys) Race

Hartside Road to Hartside Top (Via Knapside Hill) – 6.3km - Alt gain 435 m

Race Time - 13.00



Seniors Races

Melmerby (Shepherds Inn) to Hartside Top - 10.0 km - Alt gain 539 m

Race Times – Senior Ladies – 13.30 ; Senior Men – 14.00



Start



Checkpoint to be visited



Finish

