

# Leg 1

4.5 miles, 1000ft ascent.

Record 33:14 by Mark Roberts / Andrew Schofield, Borrowdale, 1999.

Start	Track to Side Farm	395161
1a.	Angle Tarn, E. Peninsular (manned)	417145
1b.	Path / stream junction	422131
Finish	Sheep pens at Hartsop	412129

