

Leg 3

4.5 miles, 2000ft ascent.

Record 46:21 by Colin Valentine / Nigel Lanaghan, Keswick, 1989.

Start	Kirkstone Inn Car Park	401082
3a.	Red Scree, small tarn, N.E side	396088
3b.	Large pile of stones, (manned)	372109
Finish	Hartsop Hall	398118

