

Leg 4

7.5 miles, 2800ft ascent.

Record 1:03:42 by Gavin Bland / Jim Davies, Borrowdale, 1997.

Start	Hartsop Hall	398118
4a.	Summit Hart Crag	369113
4b.	Summit St Sunday Crag	369134
4c.	Stile over wall. Thornhow End (manned)	386154 (flagged from here to finish)
Finish	Playing field, Patterdale	391161



