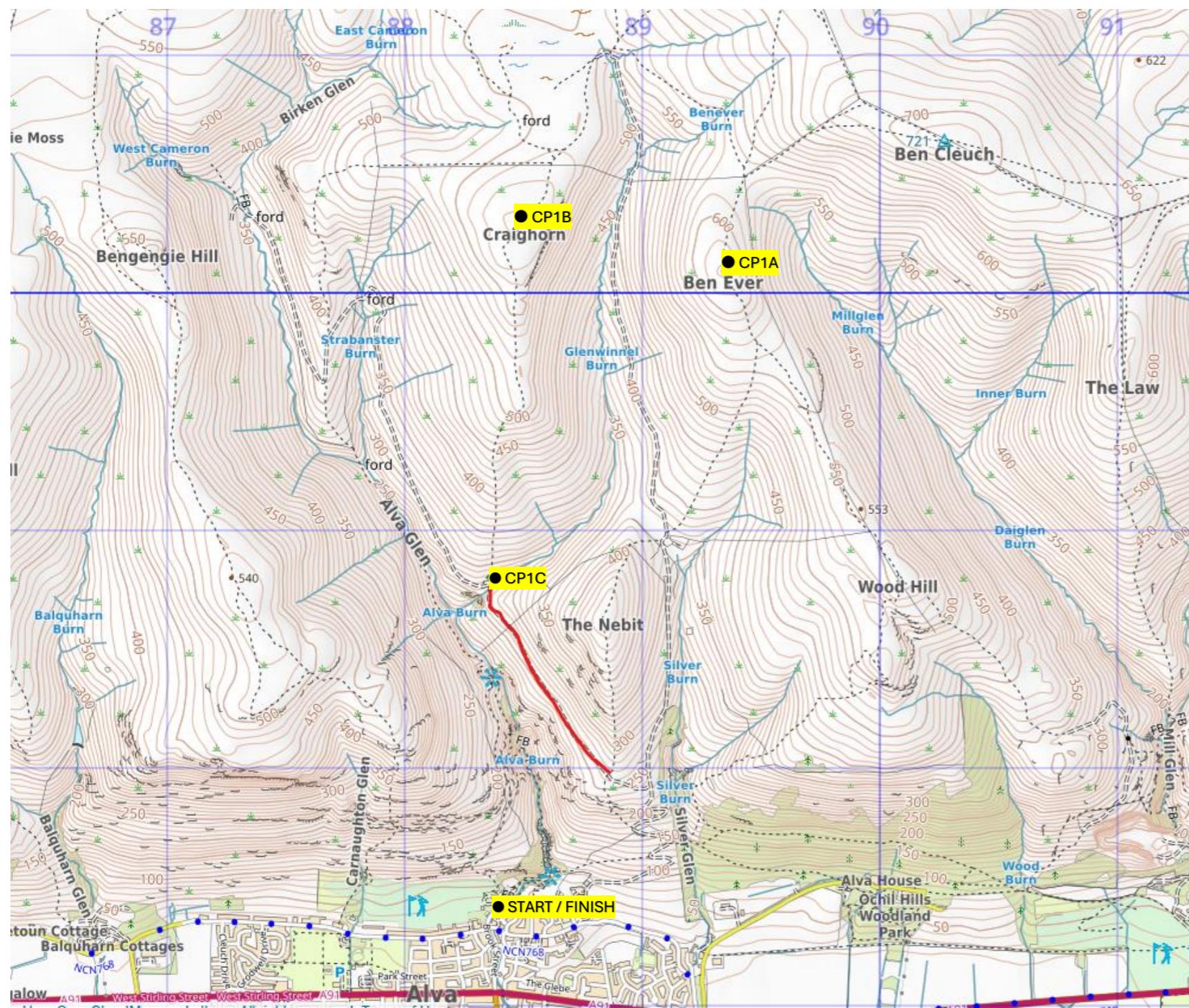


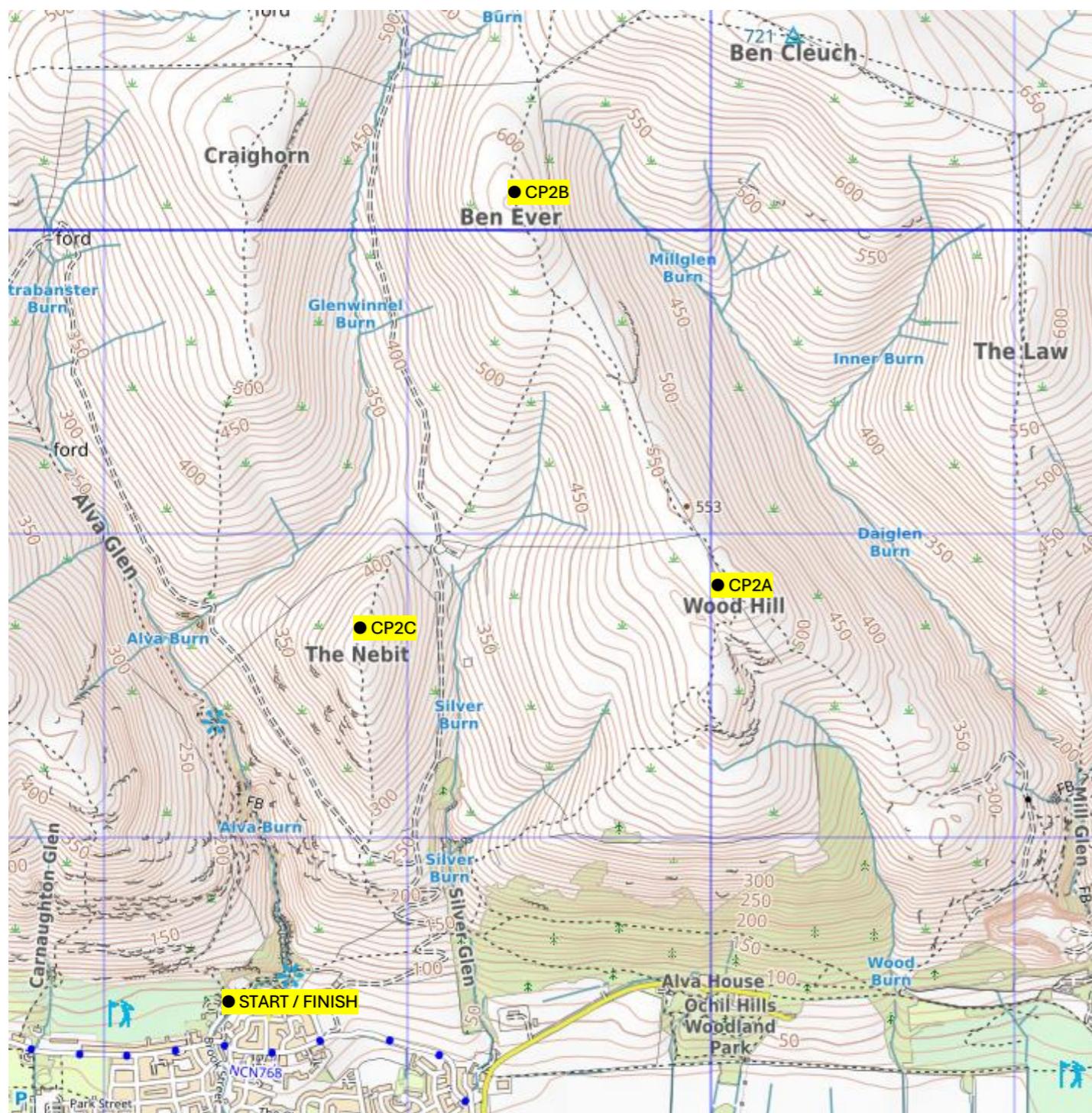
Leg 1 - approx. 9.75km / 660m (checkpoints to be visited in order)

Location	Grid Ref	Description
Start	288,380 697,386	Start Alva Glen
CP1A	289,346 700,090	Ben Ever Summit
CP1B	288,503 700,273	Craighorn Summit
CP1C	288,360 698,760	Glenwinnel Burn Crossing *Note – runners must follow mandatory marked route along Land Rover track (highlighted red on plan)
Finish	288,380 697,386	Finish Alva Glen



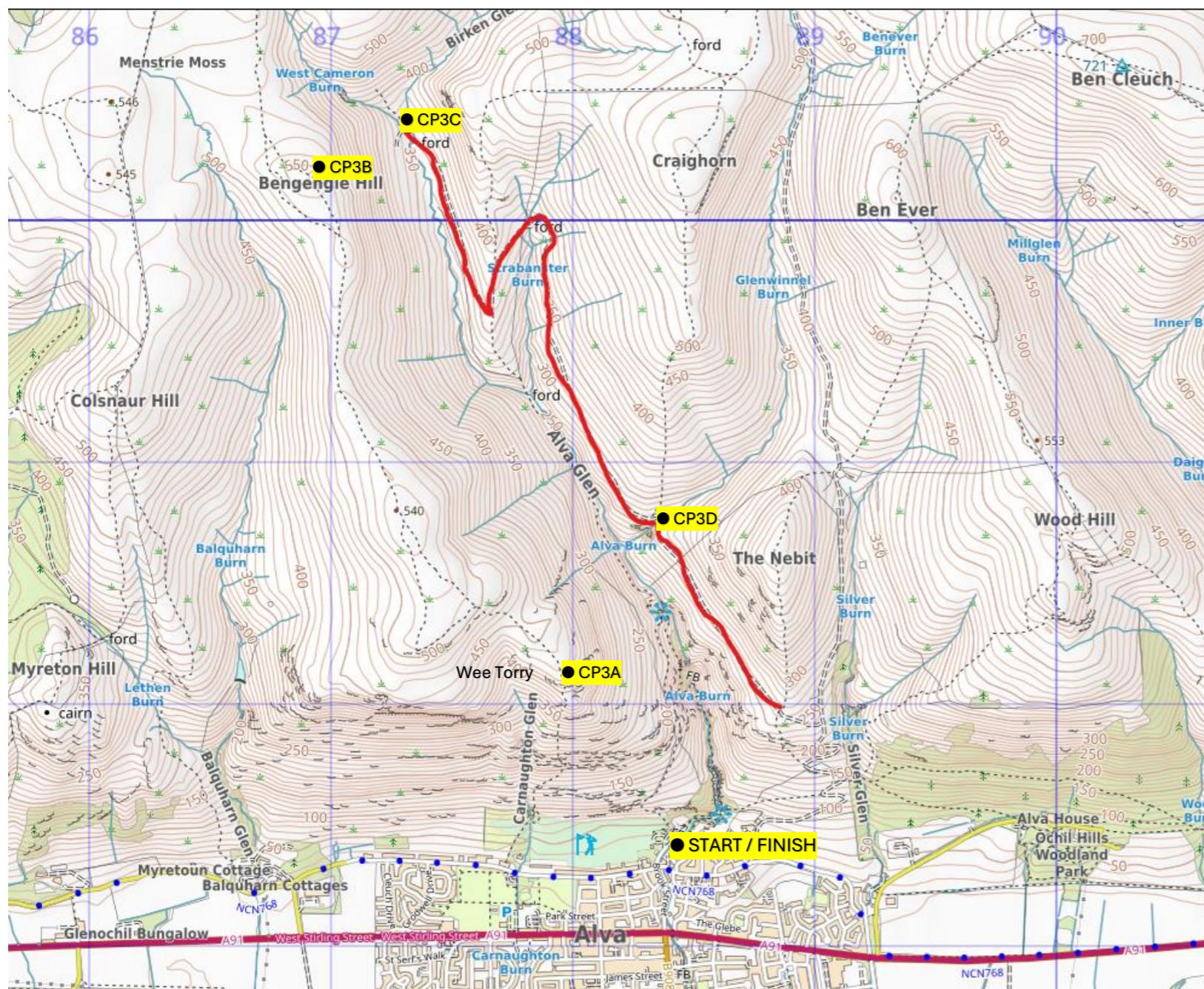
Leg 2 – approx. 8km / 715m (checkpoints to be visited in order)

Location	Grid Ref	Description
Start	288,380 697,386	Start Alva Glen
CP2A	290,080 698,810	Woodhill Summit
CP2B	289,346 700,090	Ben Ever Summit
CP2C	288,833 698,636	Nebit Summit
Finish	288,380 697,386	Finish Glen

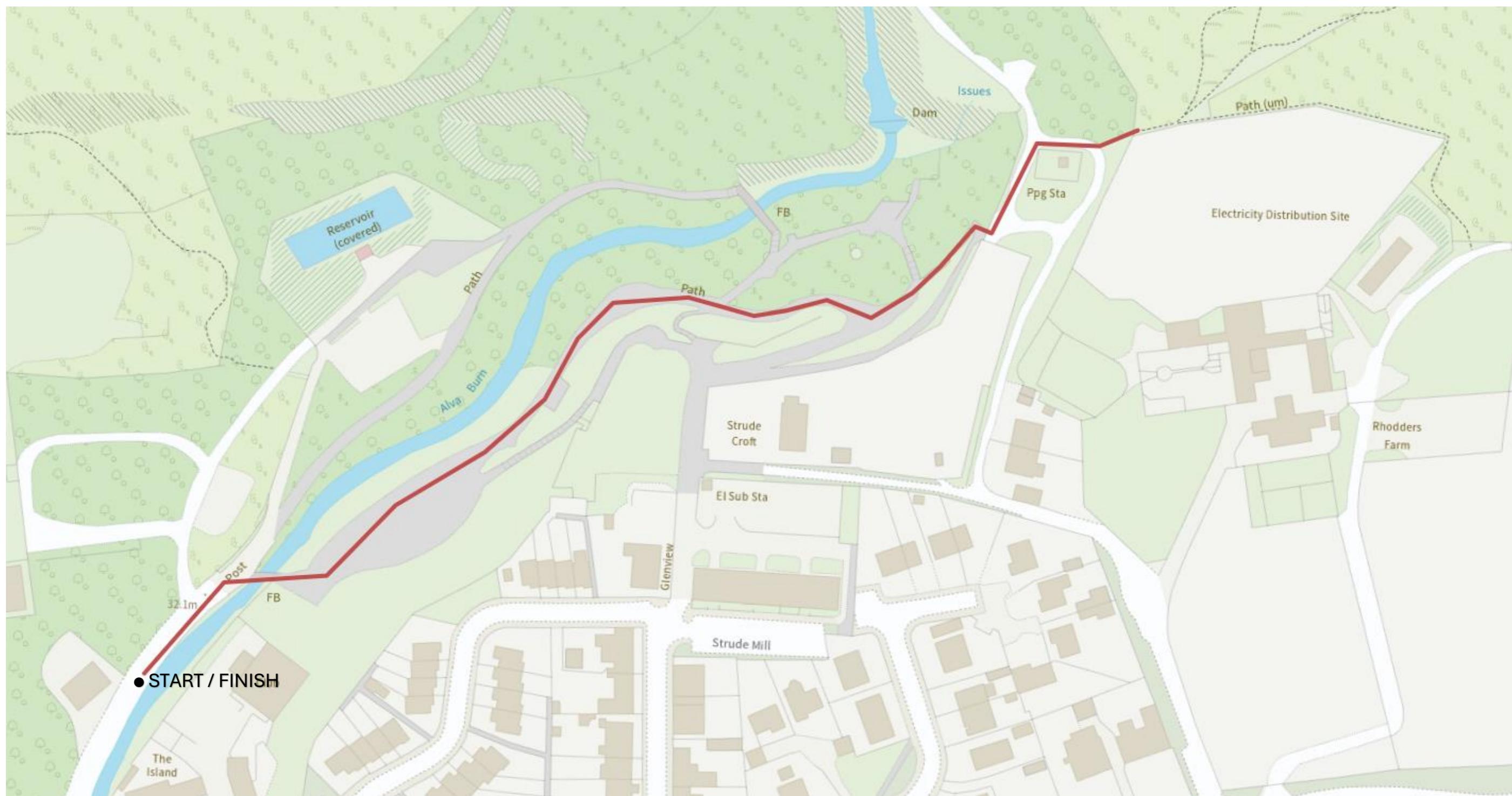


Leg 3 (Pairs) - approx. 9.5km / 880m (checkpoints to be visited in order)

Location	Grid Ref	Description
Start	288,380 697,386	Start Alva Glen
CP3A	287,986 698,021	Wee Torry Summit
CP3B	286,940 700,180	Bengengie Summit
CP3C	287,284 700,360	Sheep Pen Gate *Note – runners must follow mandatory marked route along Land Rover track (highlighted red on plan)
CP3D	288,360 698,760	Glenwinnel Burn Crossing
Finish	288,380 697,386	Finish Alva Glen



Marked Route Through Alva Glen for Leg 1 and 2 Start, and All Leg Finishes



Marked Route Through Alva Golf Course for Leg 3 Start

