

# Aug 2023 – GDH Multi Terrain Ultra



Format is 3 x 10 mile legs, each starting and finishing at the North gate into Charlesworth Park.

1 x Trail Leg

1 x Road Leg

1 x Fell Leg

Order - To be completed in any order

Direction – Each Leg is to be completed **Anti-Clockwise**

Note – This is a race, so please submit you total elapsed time from the start of the first, to the end of the third leg. This includes any time spent faffing at the start/finish in between legs!

- No Pausing watch!
- No adding up the segment times from Strava!

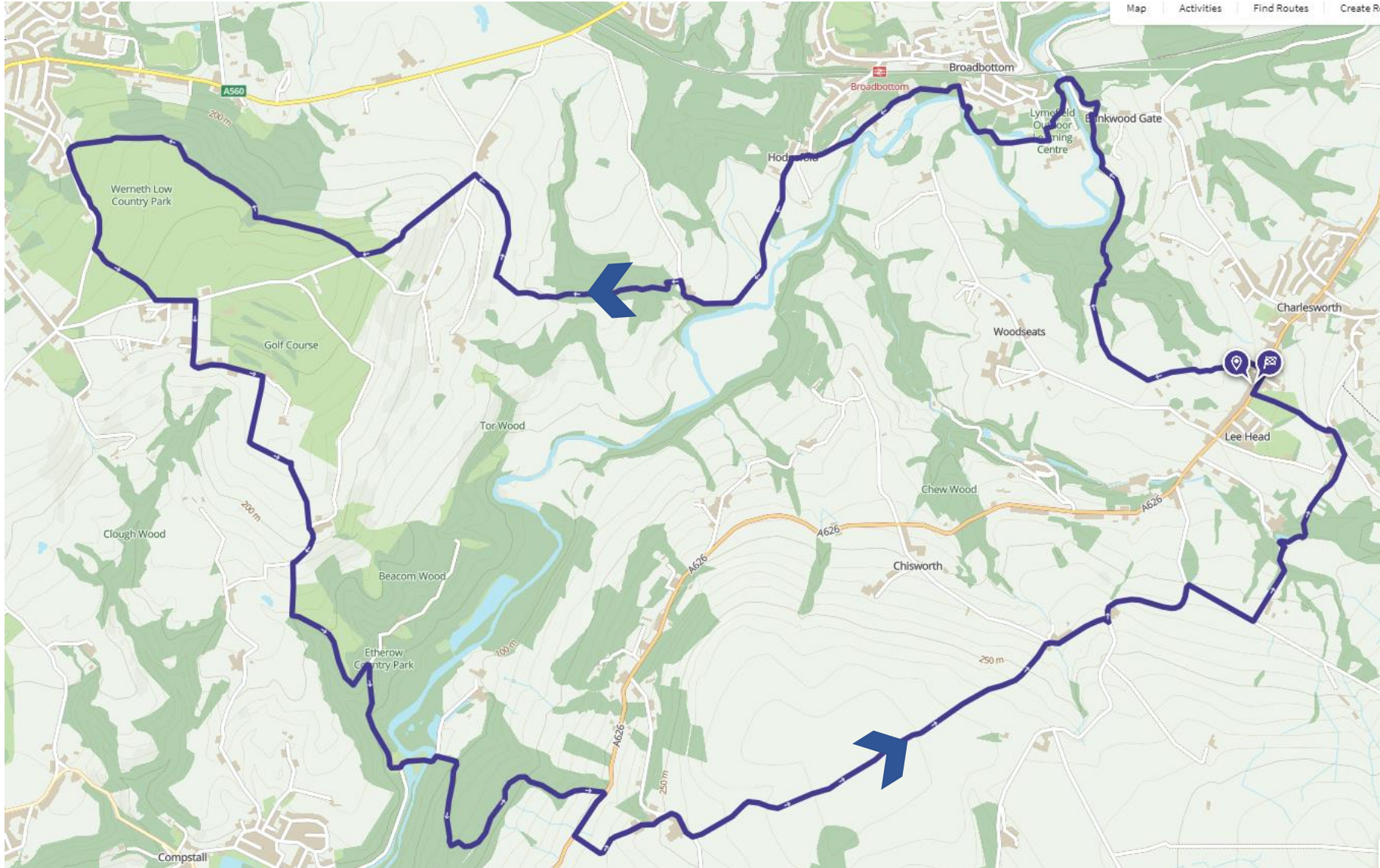


Discipline = Ultra  
3 x 10 Miles

Time Trial Only

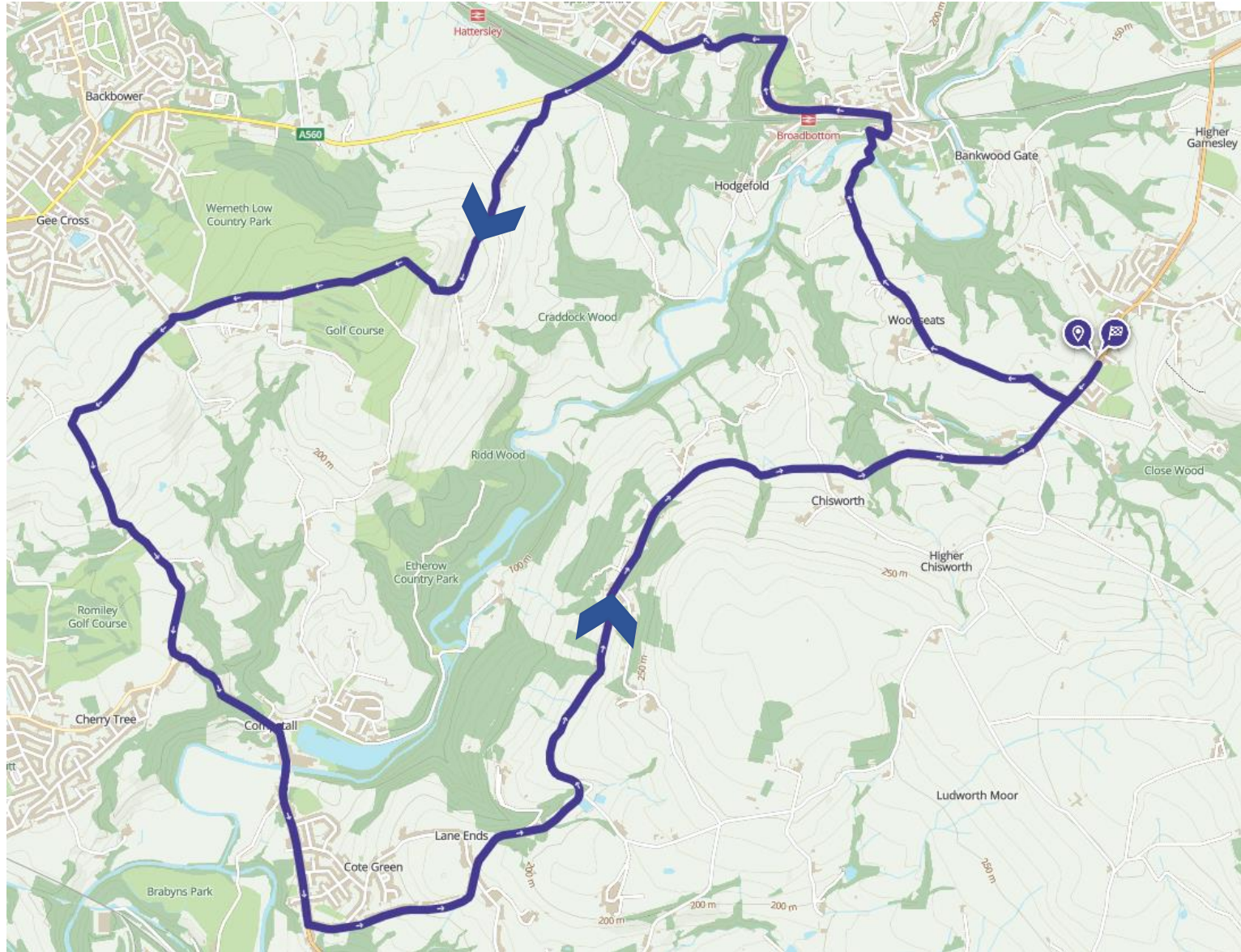


# Trail Leg – Follow GPX provided



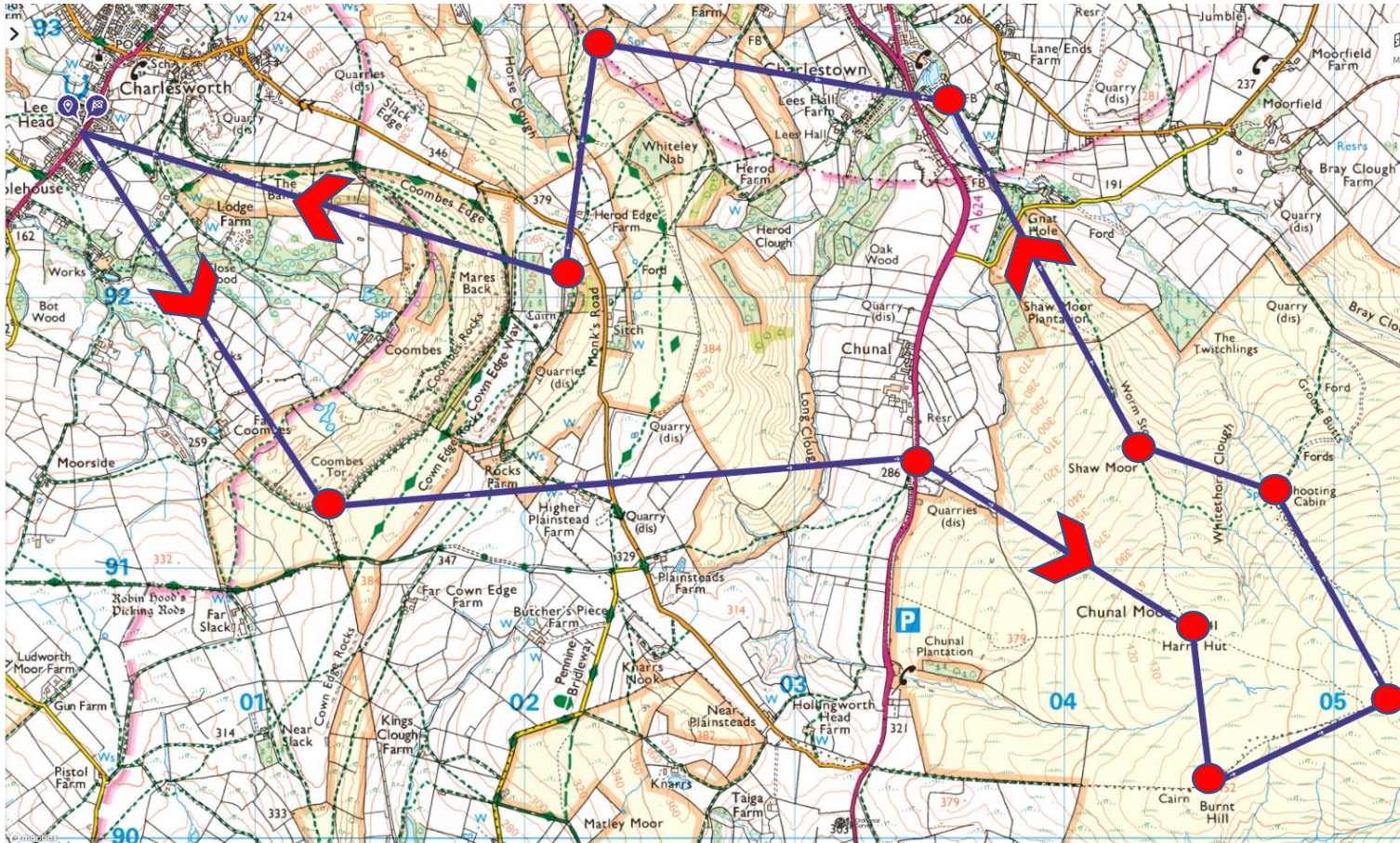


# Road Leg – Follow GPX provided





# Fell Leg – Checkpoint Route (GPX is suggested only)



Charlesworth Park	003 926
Fence Corner (Coombes Tor)	012 912
Path/Chunal intersection	034 914
Harry Hut Trig	045 907
Burnt Hill	045 902
Flags/Cabin Path Intersection	052 905
Shooting Cabin	048 913
Wormstones	043 914
Gnat Hole Footbridge (North)	035 927
Stile on Herod Farm 1 <sup>st</sup> Descent	023 929
Top of Ramp (End of Fence on right, large post)	022 921
Charlesworth Park	003 926