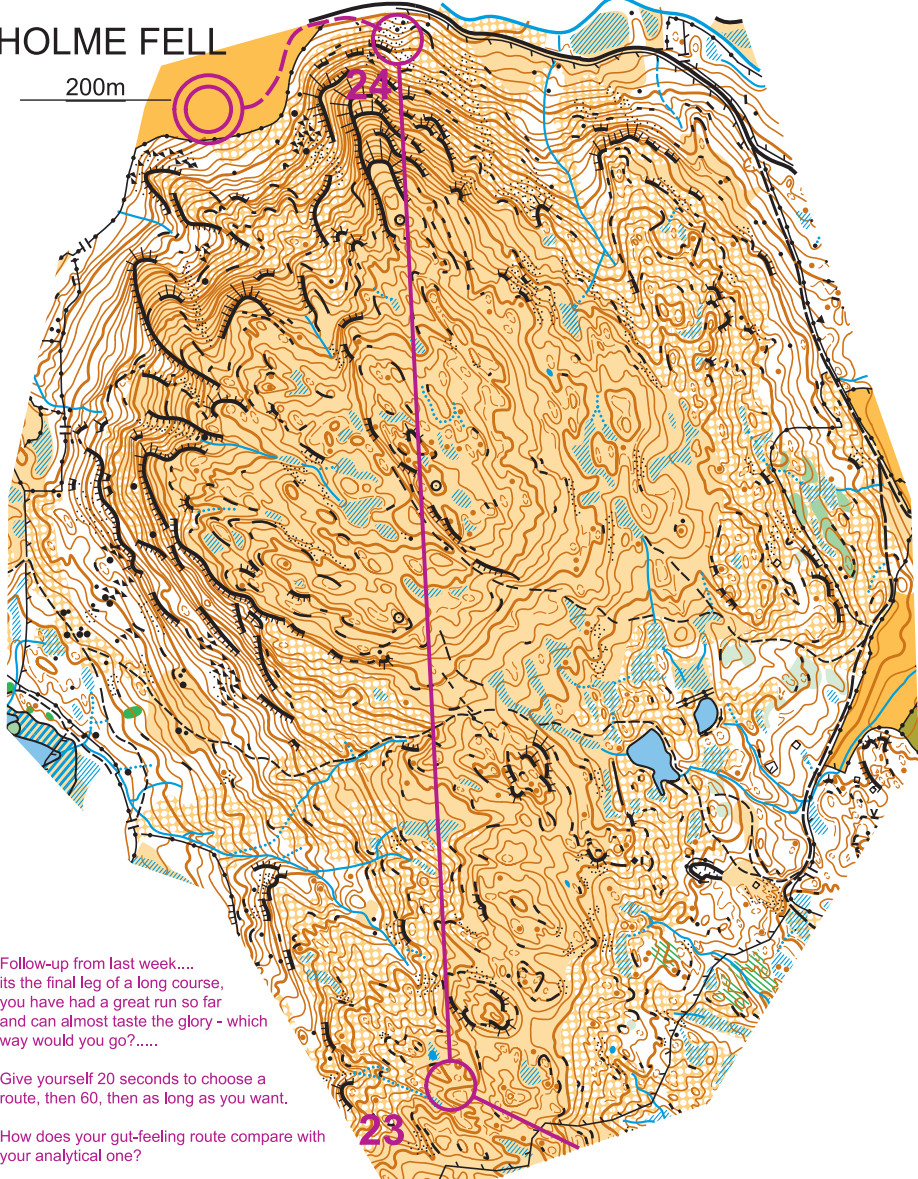


HOLME FELL

200m



Follow-up from last week....
its the final leg of a long course,
you have had a great run so far
and can almost taste the glory - which
way would you go?.....

Give yourself 20 seconds to choose a
route, then 60, then as long as you want.

How does your gut-feeling route compare with
your analytical one?

Remember words of wisdom from Alastair....in execution, long legs are just the same as short ones....you can break them into sections with imaginary checkpoints.... Can you identify some target points along your route?
Alastair....no point in a long detour unless its much faster running. Graham....start off with an overview of the shape of the land. Graham....time spent thinking is a good investment, a poor route can be very costly.
Other top tips - the index contours (the thicker ones every 25m) are there to help give an impression of the overall relief. Also, 25m ascent is roughly equivalent to an extra 200m flat running.