

# 2023 Intercounties Mountain Race

incorporating the

**British Athletics Trial for the World Mountain and Trail Running Championships (Seniors only)**

Sunday 7th May 2023

Classic Up-and-Down race, 14km, 760m ascent/descent (2 laps)

- Route
- Bridleway
- Path
- Building
- Woodland

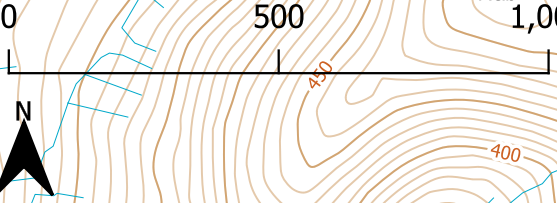
Brant Fell

Arant Haw

Middle Tongue

Crosdale Beck

Winder



Start  
Finish

Lockbank Farm

People's Hall

SEDBERGH

Fire Station