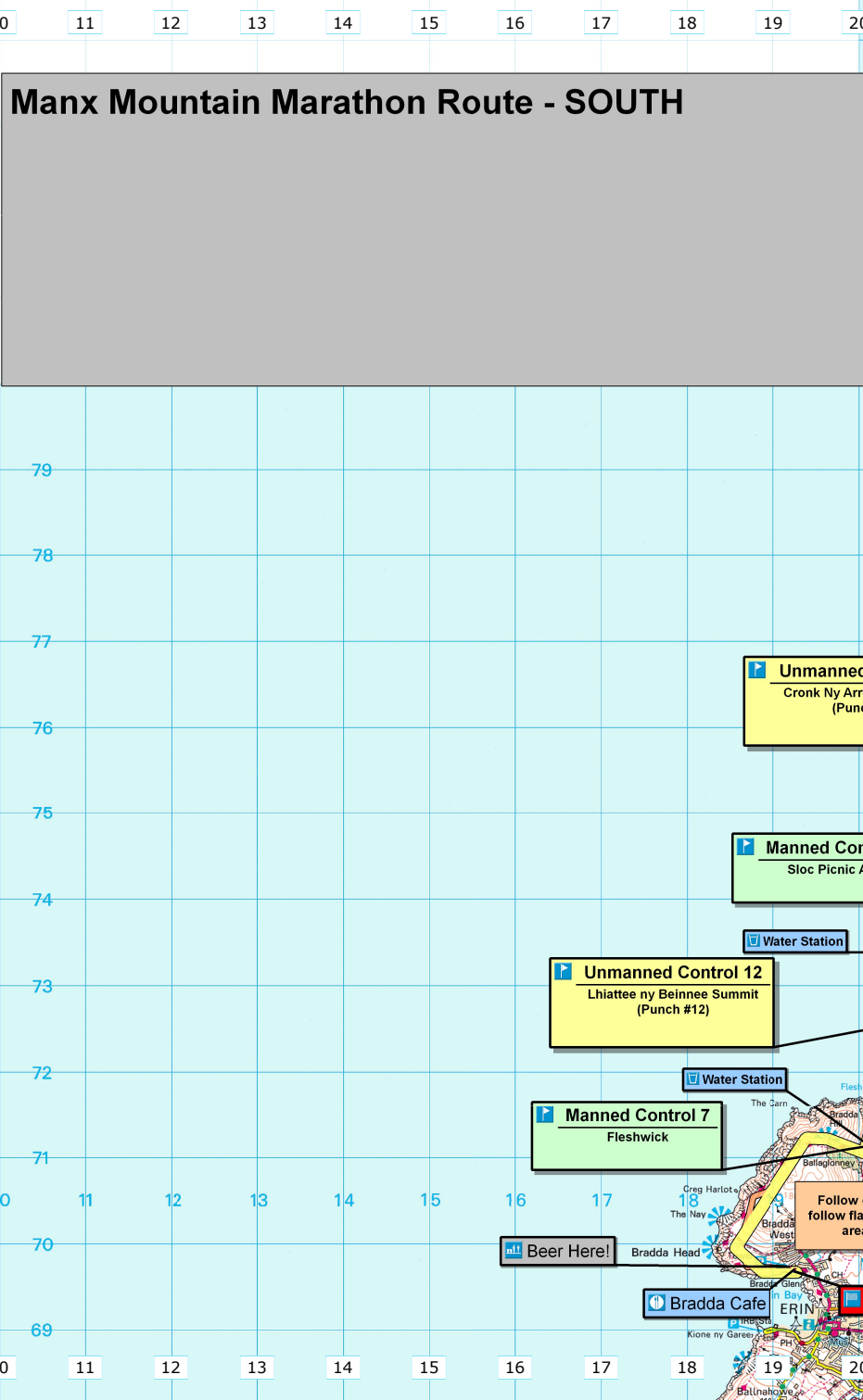


Manx Mountain Marathon Route - SOUTH



Unmanned Control 9
Slieau Whallian Summit
(Punch #9)

From CP11, cross main road at marshals point and head onto the disused railway line to St Johns. Follow flagged route through Slieau Whallian plantation.

Manned Control 4
Garey Gate

Descend from Slieau Whallian summit and follow flags through Carnegie Farm. Turn left at the road and proceed up the hill to northern slope of South Barrule

Water Station

Manned Control 5
Round Table X Roads

Unmanned Control 10
South Barrule Summit
(Punch #10)

Unmanned Control 11
Cronk Ny Arrey Laa Summit
(Punch #11)

Water Station

Manned Control 6
Sloc Picnic Area

Water Station

Unmanned Control 12
Lhiattee ny Beinne Summit
(Punch #12)

Manned Control 7
Fleshwick

Water Station

Follow coastal footpath and follow flagged section to finish area at Bradda Cafe

Bradda Cafe

Finish

Beer Here!