

| Control | Description |
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| Start | Beat Box 105: Lamp post 63968 on London St, near the entrance of New |
| | Whittington Community Primary School |
| 1 | Beat Box 106: Lamp post 134315, Woodmere Dr |
| 2 | Beat Box 107: Lamp post 12921 next to the bus stop. 145 Burnbridge St |
| 3 | Beat Box 108: Lamp post 17420, 19 Roecar Close |
| 4 | Beat Box 109: Sign at the entrance of Mary Swanwick Community |
| | Primary School |
| 5 | Beat Box 110: Signpost 72 Newbridge lane |
| 6 | Beat Box 28: Lamp post 8764. Scarsdale Road, opposite Gilbert |
| | Heathcote Nursery and Infant School on cycle/pedestrian lane |
| 7 | Beat Box 34: Signpost on 1866 Sheffield Rd near entrance to Stadium |
| | car park |
| 8 | Beat Box 60: Sign with directions on Tapton Lock, Lockoford Ln |
| 9 | Beat Box 119: Lamp post 15906, 200 Lockoford Ln |
| 10 | Beat Box 120: Lamp post 12616, by 380 Brimington Rd. |
| 11 | Beat Box 14: Lamp post 7544. Central walk, as you enter from Wikeley |
| | Way. |
| 12 | Beat Box 113: On parking sign on the left of Thistle Park entrance |
| 13 | Beat Box 112: Signpost at the end of Cow lane |
| 14 | Beat Box 62: On one of the wooden posts from the sign at Bluebank |
| | Pools. Chesterfield Canal. |
| Finish | Beat Box 105: Lamp post 63968 on London St, near the entrance of New |
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