

| Control | Description |
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| Start | Beat Box 71: Lamp post 75359, Inkersall Green Rd. Near the entrance of |
| | Inkersall Primary School |
| 1 | Beat Box 70: Lamp post 76126 at Westwood avenue |
| 2 | Beat Box 69: Lamp post 74665, 3 Calver Cres Near the entrance to St |
| | Joseph's Catholic & C Of E Primary School |
| 3 | Beat Box 73: Lamp post, Inkersall Green road. Opposite to entrance to |
| | Elliot Drive. |
| 4 | Beat Box 75: Sign with directions on the Traspenine trail off Bamford Rd |
| 5 | Beat Box 74: Lamp post 75129 On Elliott Drive before entering Curbar |
| | Curve |
| 6 | Beat Box 76: Sign with directions on path off Dovedale Avenue. |
| 7 | Beat Box 72: Lamp post 135285, 75 Stanley Ave |
| Finish | Beat Box 71: Lamp post 75359, Inkersall Green Rd. Near the entrance of |
| | Inkersall Primary School |