



SPECTRUM STRIDERS RUNNING CLUB

2019 FELL RACE CHAMPIONSHIP

Race	Day / Date		Class	Distance-km-Climb-m		Event Details
1.* Pre entry	Sun 3rd March	11:00	BM	14.5km	381m	Cloud Nine. Congleton Leisure Centre. CW12 1DT
2 *	Sun 7 th April	11.00	BM	10.5km	400m	Mow Cop village hall Mount Pleasant Rd ST7 3LG
3.	Sat 20 th April	15.00	BS	5.2km	213m	Rivington Pike. Crown Hotel, Horwich, BL6 7QJ
4 *	Mon 6 th May	11.30	BM	11km	335m	Wray Caton Moor, Wray village (fair & scarecrow festival) Nr Lancaster
5.	Wed 22nd May & 26th June, 24th July, 28th Aug	19:30	BS	8.4km	275m	Harrock Hill. (1 st of 4 races, any one to count) (Farmers Arms, Bispham Green, nr Parbold, L40 3SL)
6. *	Sat 25 th May	13.00	AM	12.8km	915m	Moel Eilio Plas Gamedd care home Regn. Padarn Lake Hotel
7. Grand Prix	Wed 5 th June	19.15	AS	7.2km	458m	Up The Beast Miners Arms, Maeshafn, (2 miles out of Mold)
8. Grand Prix	Wed 19 th June	19:30	BS	8.5km	370m	Robbie Webster's Wobbler. From Forest Hills Hotel, Frodsham Hill, WA6 6HH.
9. Grand Prix	Wed 11 th July	19.30	BS	8km	366m	The Druid The Druid Inn, Llanferres (on the A494 Mold to Ruthin road)
10.	Sat 24 th Aug	14.00	BM	12.1km	549m	Chipping Show Chipping show field PR3 2QE (race free entry pay for show)
11.	Sat 15 th Sep	11.00	BS	7.4km	265m	King John's Castle. Raven Inn, Llanarmon-yn-lal, nr Mold, CH 7 4QE
12.* Pre entry	Sat 21 st Sep	11.00	AL	20km	1220m	Three Shires from Three Shires Inn, Little Langdale, Ambleside.
	Sat 19 th Oct		UKA	British Fell Relay Championship		Central Peak District.
13*	Sun 27 th Oct	11.00	AM	14.4km	915m	Clwydian Hills Cilcain Village Hall CH7 5NN

NOTE: BEST 6 RACES TO COUNT IN CHAMPIONSHIP FROM 13 CHOSEN, 1 point bonus for each race above 6 this year.

* FULL FELL KIT REQUIRED FOR RACES1. 2, 4, 6,12,13, & RELAYS. The FULL KIT is: waterproof top & over trousers, compass, map, whistle, hat, gloves and for longer races emergency food and drink. (The latest FRA ruling is that it is good practice to take full kit to all fell races.) For more details contact Neville Griffiths, FELL SECRETARY, 01925 763924 or E-mail e.n.griffiths@btopenworld.com.