



## SPECTRUM STRIDERS RUNNING CLUB

### 2024 FELL RACE CHAMPIONSHIP

| Race | Day / Date                 |       | Class | Distance-km-Climb-m       |       | Event Details                                                                                       |
|------|----------------------------|-------|-------|---------------------------|-------|-----------------------------------------------------------------------------------------------------|
| 1.   | Sat 30 <sup>th</sup> March | 15.00 | BS    | 5.2km                     | 213m  | <b>Rivington Pike.</b> Crown Hotel, Horwich. BL6 7QJ                                                |
| 2.   | Sat 6 <sup>th</sup> April  | 14.00 | BM    | 11.3km                    | 381m  | <b>Wardle Skyline.</b> Wardle Square, off A58 Rochdale – Littleborough Rd. OL12 9PD.                |
| 3 *  | Sat 4 <sup>th</sup> May    | 12.00 | AM    | 14km                      | 1065m | <b>Coniston.</b> Venue Coniston Institute, LA21 8DU                                                 |
| 4    | Sat 25 <sup>th</sup> May   | 14.15 | BM    | 11km                      | 402m  | <b>Hutton Roof Crag</b> s Hutton Roof Village Hall, Nr Kirkby Lonsdale. LA6 2PG                     |
| 5    | Mon 27 <sup>th</sup> May   | 11.00 | CS    | 9.4km                     | 225m  | <b>Bowley Hill</b> Showfield, Harwood Lane, Whalley Rd, Great Harwood. BB6 7TB.                     |
| 6.   | Wed 5 <sup>th</sup> June   | 19.30 | BM    | 12.9km                    | 402m  | <b>Boar's Head.</b> Boar's Head Hotel, Shrigley Road North, Poynton. SK12 1TE                       |
| 7.*  | Sat 27 <sup>th</sup> July  | 14.30 | BM    | 12.9km                    | 610m  | <b>Turnslack</b> Calderbrook Church Community Room, Nr Summit.                                      |
| 8.   | Sat 3 <sup>rd</sup> Aug    | 14.30 | BM    | 12.8km                    | 525m  | <b>Tegg's Nose</b> Trials Field, Bullocks Lane, Sutton, Macclesfield. SK11 0HE                      |
| 9. * | Wed 7 <sup>th</sup> Aug    | 19.00 | AS    | 8.2km                     | 488m  | <b>Whittle Pike</b> Cowpe Village Hall, Waterfoot, Rossendale.                                      |
| 10.  | Wed 21st Aug               | 19.00 | BS    | 8.8km                     | 244m  | <b>Golf Ball.</b> CPA Club, Commercial St, Loveclough, Rossendale. BB4 8QA                          |
|      | Sat 19th Oct               |       |       | <b>British Fell Relay</b> |       | <b>Organised by Wharfedale Harriers at Appletreewick, North Yorkshire. Venue not disclosed yet.</b> |
| 11 * | Sun 1st Dec                | 11.00 | AM    | 14.5km                    | 793m  | <b>Cardington Cracker.</b> The Village Hall, Cardington, Nr Church Stretton. SY6 7JZ                |
|      |                            |       |       |                           |       |                                                                                                     |
|      |                            |       |       |                           |       |                                                                                                     |
|      |                            |       |       |                           |       |                                                                                                     |

**NOTE:** **BEST 6 RACES TO COUNT IN CHAMPIONSHIP FROM 11 CHOSEN, 1 point bonus for each race above 6 this year.**

**\* FULL FELL KIT REQUIRED FOR RACES 3. 7.9. 11. & 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](mailto:e.n.griffiths@btopenworld.com).