
Fell Races 2008: Jan to end March 08.

Please note that many races require that competitors carry waterproof clothing, map and compass for the competitor's safety. Failure to comply with a race organiser's requirements will mean that you will be barred from taking part in the race. **Competitors should arrive at races prepared to carry any or all of the following equipment: Windproof whole body cover, other body cover appropriate to the conditions, map and compass suitable for navigating the course, whistle, emergency food (long races). This equipment is mandatory at all Cat A Long and Medium races.**

If this is the first time you have considered fell racing select a race distance well under the distance you normally run on the road.

If you retire during a race you **MUST** notify the officials at the finish.

If you like the idea of fell running and would like to have a go please speak to Chris.

All fell races are given a grade indicating length and difficulty. Difficulty is indicated by:

A, no less than 250 feet climb per mile, not more than 20% on roads, at least 1 mile in length (NASTY);

B, not less than 125 feet climb per mile, not more than 30% on roads (FAIRLY NASTY);

C, not less than 100 feet of climb per mile, not more than 40% on roads and contain genuine fell terrain (NOT VERY NASTY).

Length is indicated by: **L**, 12 miles or more; **M**, 6 miles and over but less than 12 miles; **S**, under 6 miles.

FRA Website: www.fellrunner.org.uk

TUES JAN 1st CAPTAIN COOK RACE. BS. 11am 5.5m/750'. Great Ayton, North Yorks. £6 on day.

Website: www.nym.ac

TUES JAN 1 GIANTS TOOTH. CS. 12 noon. 3m/400' from Ogden Reservoir, Causeway foot. £3 on day.

Website: www.ogdenwater.freeserve.co.uk

SAT JAN 5th OVENDEN FELL RACE. BM. 11.30am 8m/1200' from Ogden reservoir, Causeway Foot, off the A629 Halifax-Keighley road. £5 NB: This is a serious Winter Challenge event. Full Body cover

ESSENTIAL, plus additional cover. Website: www.ogdenwater.freeserve.co.uk

SUN. JAN 27th THE 25th SOREEN 'STANBURY SPLASH'. BM. 11.30 am. 7 miles/1200 feet from Penistone Hill Country Park, Haworth. £3.50 on day. All finishers receive a Soreen Malt loaf, free coffee and biscuits. Website: www.woodentops.org.uk

SAT FEB 9th WADSWORTH HALF TROG. BM. 10 am. 9m/1500' from the Old Town Cricket Club, Hebden Bridge. £6, closing date: 2nd Feb. No entries on day. Website: www.cvfr.co.uk

SAT FEB 9th WADSWORTH TROG. BL. 10.10 am. 20m/4000' from the Old Town Cricket Club, Hebden Bridge. £6, closing date: 2nd Feb. No entries on day. Website: www.cvfr.co.uk **Full body cover, map, compass, whistle and emergency food must be carried for either events above. No kit, no run.**

SUN FEB 24th ILKLEY MOOR FELL RACE. AS. 11.30am. 5m/1260' from Wells Road, Ilkley. £3 on day.

Website: www.ilkeleyharriers.org.uk

SAT MARCH 1st NOON STONE FELL RACE. AM. 12 noon. 9m/2300' from Top Brisk Inn, Lumbutts, Todmorden. £4 on day. Website: www.todharriers.co.uk

SUN MARCH 2nd HARTCLIFF HILL CHARITY RACE. BS. 12 noon, 2.5m/500' from Langsett Barn on A616. Donation of at least £5 (Yorks Air Ambulance & Wharfedale Hill & Rescue. Website: www.pfrac.fsnet.co.uk

SAT MARCH 8th. HALF TOUR OF PENDLE. AM. 11am. 9m/2250' from Barley, Near Burnley. £2.50 to organiser by 3rd March.. Website: www.clayton-le-moors-harriers.co.uk

SUN MARCH 9th. IAN ROBERTS FELL RACE. BM. 11.00pm 7m/1000' from Marsden Cricket Club. £4 on day. Website: www.holmfirthharriers.com

SAT MARCH 15th. WUTHERING HIKE (Haworth Hobble). BL. 8am. 33m/4400' from Haworth Community Centre. £20 teams of 2 or £11 solo. Entry on official entry form. Full kit to be carried. Bring mug for drinks en route. Hot meal at finish, showers/changing. No litter to be dropped. Website: www.kcac.co.uk

SAT MARCH 15th WINDMILLS WHIZZ. BM. 11.30am. 7m/800' from Ogden Reservoir, Causeway Foot. £5 on day. Website: www.ogdenwater.freeserve.co.uk

SAT MARCH 29th MIDGLEY MOOR RACE. AS. 11am. 5m/1250' from Booth Cricket Club, Booth, Halifax. £3.50 on day. Website: www.cvfr.co.uk

TUES APRIL 1st BUNNY RUN 1 CS 7pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event/series.

SAT APRIL 5th PENDLE FELL RACE. AS. 2pm. 4.5m/1500' from Barley Village Hall, Barley, near Burnley, Lancs. £3 on day. Refreshments in village hall. Website: www.clayton-le-moors-harriers.co.uk

TUES APRIL 8th BUNNY RUN 2 CS 7.15pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

SUN APRIL 13th GISBOROUGH MOORS RACE. BL. 11am. 12.5m/2600' from Guisborough Rugby Club. £9 to organiser. Website: www.nym.ac

TUES APRIL 15th BUNNY RUN 3 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

TUES APRIL 22nd BUNNY RUN 4 CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£2 on night only. Crème Egg to all finishers. All prizes Easter Eggs. 3 out of 4 races to count for overall awards. Highly recommended event.

SUN APRIL 26th THREE PEAKS RACE. AL. 10am. 24m/4500' from the Playing fields, Horton in Ribblesdale. £20. Must pre-enter. Visit website for details: www.threepeaksrace.org.uk

TUES APRIL 29th BUNNY RUN RELAY CS 7.30pm. 3m/300' from Dimples Lane Quarry. Registration at the Old Sun Hotel, Haworth (5mins from start)£6 per team of 3 on night only. 1st leg 2.5m/250', 2nd & 3rd legs 2m/200'. Almost any conceivable team composition welcome including mixed, family etc. Relay batons are eggs!! Crème Egg to all finishers. Soup & roll included. Highly recommended event at a bargain price.

SUN MAY 4th GREAT HAMELDON HILL RACE. BM. 12 noon. 6m/1100' from Peel Park pub, Turkey St, Accrington. £4.50 on day. See website: www.clayton-le-moors-harriers.co.uk

MON MAY 5th COINERS FELL RACE. BM. 12 noon. 7m/1100' from Mytholmroyd Community Centre. £3.50 on day. website: www.cvfr.co.uk

WED MAY 7th FLOWERSCAR. AS 7pm. 4m/1400' from Hare & Hounds Pub, Burnley Rd, 1 mile from Todmorden centre. Website: www.todharriers.co.uk

WED MAY 7th LOTHERSDALE BS 7.30pm. 3.6m/600', Village Hall, Lothersdale, Nr Skipton. Website: www.kcac.co.uk

SAT MAY 10th BELMONT WINTER HILL FELL RACE. BS. 1.15pm. 4.5m/1000' from the Belmont Bull, Belmont Village, Bolton. £3 on day. Donation to Bolton Mountain Rescue.

SUN MAY 11th MYTHOLMROYD FELL RACE. BM. 11.30 am, 7m/1350' from Mytholmroyd Community Centre. £3 on day. website: www.halifaxharriers.co.uk

TUES MAY 13th JACK BLOOR RACE. BS. 7.15pm. 5.2m/1150' from Darwin Gardens, Ilkley. £3 on night. Website: www.jackbloor.co.uk

WED MAY 16th BLACKSTONE EDGE FELL RACE. AS. 7.30pm. 3.5m/1200' from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough. £3 on night. Registration, presentation & refreshments at Knowl Farm, Blackstone Edge Rd. now 28 june.

WED MAY 21st KILDWICK. BS. 7.30pm 3.75m/800' from White Lion, Kildwick, between Keighley & Skipton. £3. Website: www.kcac.co.uk

SAT MAY 24th HUTTON ROOF CRAGS RACE. BM. 2.30pm. 7m/1300' from Hutton Roof Village Hall, near Kirkby Lonsdale. £4 on day. Best Tea & cakes in FRA calendar!! Busy weekend add extra time for heavy traffic. Website: www.huttonroof.org.uk/

MON MAY 26th AUSTWICK AMBLE. BM. 1pm. 8m/1200' from Austwick Village centre, Austwick, near Settle. £3.50 on day. Course partially marked and local knowledge an advantage. Street market, gala, refreshments etc. Website: www.austwick.org

WED JUNE 4th CHEVIN FELL RACE. AS. 7.30 pm. 3.5 miles/900' from Otley Town Centre. £3 on night. www.skyrac.org.uk

SAT JUNE 7th PEN Y GHENT. AS. 3 pm . 5.9 miles/1650' from Horton in Ribblesdale Playing Fields. £4 on day. Part of Horton Gala Day. Website: www.settleharriers.org

SAT JUNE 7th WHAREFDALE OFF ROAD MARATHON & HALF MARATHON. CL/BL. See website for full details: www.wharfedalerufc.co.uk

SUN JUNE 8th HEBDEN BRIDGE BS. 11am. 5.9M/1150' from Calder Holmes Park, Hebden Bridge. £3.50. Website: www.todharriers.co.uk

SUN JUNE 8th LAYCOCK GALA FELL RACE. BS. 2pm. 4.5m/900' from Laycock Gala Field £3 on day. Limited toilet facilities.

SAT JUNE 21st BUCKDEN PIKE FELL RACE. AS. 2.30pm. 4m/1500' from Buckden Village Green, Buckden, Nr Skipton. Village gala. Website: www.wharfedaleharriers.org.uk

FRI, SAT, SUN JUNE 20th 21st & 22nd MIDSUMMER MADNESS THREE DAY EVENT : FRI 20th WICKEN HILL WHIZZ. AS. 7.30pm. 3m/1000' from Mytholmroyd Community Centre, Near Hebden Bridge. £4 Race 1 of Mid Summer Madness 3 day event. See website for full details: www.cvfr.co.uk

SAT 21st: RESERVOIR BOGS. BM. 11.30am. 7m/1100' from Hare & Hounds, Chiserley, Hebden Bridge. £4 per race. Race 2 of Mid Summer Madness 3 day event.

SUN 22nd : TOM TITTIMAN BS. 1pm. 4m/700' from Hare & Hounds, Chiserley (Wadsworth Old Town), Hebden Bridge. £4 on day. Race 3 of Mid Summer Madness 3 day event.

SUN JUNE 22nd SETTLE HILLS RACE. AM. 1.00 pm. 7 miles/1750' from North Ribblesdale Rugby Club, Settle. £3.50 on day. Course partially marked and local knowledge an advantage. Website: www.settleharriers.org

SAT JUNE 28th : ELDWICK GALA FELL RACE. BS. 3pm. 550' from Eldwick Memorial Hall, Eldwick. £2.50 on day. website: www.bingleyharriers.org.uk