

Grand Prix Info

STOP PRESS ENGLISH CHAMPS

Positions after the Fiendsdale Fell Race

Tod men 7th overall

Tod Ladies 10th overall

Moyra Parfitt was 1st lady in the
V60 category

An excellent result considering that the first race of the season always has the best turnout.

Keep up the training and we want to see you all at Buttermere. Also if we can get a good team out for Wasdale then we stand to improve our position dramatically.

THE 3RD GREAT GRIZEDALE FOREST TRAIL RACE

Entry form available on www.boobydoo.co.uk

THE MOST SCENIC TRAFFIC FREE 10 MILE
(APPROX) FOREST RAIL IN THE COUNTRY.

SCENIC UNDULATING COURSE ON FOREST
TRAILS WITH FANTASTIC VIEWS.

START AT GRIZEDALE VISITOR CENTRE,
SATTERTHWAITE, NR HAWKSHEAD, CUMBRIA

Start time 12.00 noon – Sunday April 10th

TODMORDEN HARRIERS



Wardle Skyline

Saturday April 16th 7m/1000'

Start Wardle Square, Ramsden
Road, Wardle (GR912171)

£3 Entry on day only

The race starts from Wardle
Square and heads up the lane to
Watergrove Reservoir, once on the
top of the dam wall you head left
we think onto the top of Brown
Wardle, over to Middle Hill, Hades
Hill and Rough hill.

From Rough hill it is downhill all the
way to the King Bill at Shore.

From Shore to turn sharp right and
head back up the lane to Wardle.

TODMORDEN HARRIERS



Buttermere Sailbeck Horseshoe Fell Race

AM 9.4m/ 4650' Sunday May 8th 1.00pm

£5 to organiser by April 30th (cheques payable to
Jack King) No entry on the day

Jack King, 4 Mayo St, Cockermouth, Cumbria
CA13 0BY Tel 01900 828226

Website c-f-r.org.uk.

Please car share.

Start Buttermere village GR 176170

CP1 Ard Craggs GR207198

CP2 Rigg beck GR228203

CP3 Causey Pike GR219209

CP4 Eel Cragg GR193204

CP5 Whiteless Pike GR181190

Buttermere Village GR176171

The race starts with 2 minutes of uphill on the road before dropping
off onto a narrow path which follows the line of Sailbeck. After
crossing Swinside Gill it's a steady climb up onto Knott Rigg
followed by a fast undulating ridge to Ard Craggs.

It's a fast descent off Ard Craggs steep at first then becoming more
gradual as you cross over Rigg beck and down the path to CP2.

Then the fun starts the steep climb up to Causey Pike following a
small trot up through the heather. Once on the ridge it's a steep
rocky path up onto the summit of Causey Pike CP3.

From here it's another 2 miles and 700ft of climbing until you reach
the high point of Eel Crag CP4. (This section is on a good path
and easy to follow).

From Eel Crag it's mainly downhill apart from the climb to Whiteless
Pike (compass bearing needed if misty). From Whiteless Pike it
really is all downhill to the finish.

This is one of my favourite Lake District races, very tough but very
runnable with fantastic views.