

FIENSDALE FELL RACE 9m/2600ft

ENGLISH CHAMPIONSHIP Sat 19th March 11.00 am

This race will fill up please enter early if you wish to compete

ENTRY DETAILS

Start from Fell foot 1.5m north-west of Chipping, Lancashire

£ 4.00 payable to organiser by 12th March
Cheques payable to "A Farmer"

Details Andrew Farmer, 59, Chaigley Road, Longridge, Preston, Lancs PR3 3TQ

Map Forest of Bowland 1:25,000

Checkpoints

	Start (road junction)	GR602442
1.	Wall/fence junction (use stile)	GR597456
2.	Fence junction	GR608472
3.	Barn (Langden Castle)	GR606502
4.	Sheepfold	GR587478
5.	Fairsnape Summit	GR591468
6.	Parlick Summit	GR595450
7.	Finish (Fell Foot)	GR600445

Race Description

From Fell foot you climb up the hill to the first checkpoint. From here you contour north around the hill (muddy & peaty with big hags) to checkpoint 2. This next section is the most challenging as the hillside is covered in deep heather as you run across Bleasdale Moss. The important thing here is not to drop into the gully too early. Drop down a steep sided slope to Bleasdale Water and follow the stream down crossing it twice to come out on a flat area at Langdon Castle (3).

From here follow the path west then south climbing steadily to Fiensdale Head (more peat hags). Drop down a steep grassy descent to checkpoint 4. follow the stream to come out at the trig point at Paddy's pole. It is now an obvious path to Parlick & I am told it is an "awesome" descent to the finish.