

Sedbergh Hills Race Route

The course makes a clockwise circuit of the Howgills and includes the highest fell, the Calf, and visits the impressive Black Force and probably the least known of the Langdales fell racers frequent. Although the going is generally good to fast do not underestimate this race – there are some big climbs in the middle!!

Start and Finish: Peoples Hall, Howgill Lane GR 656923

Route on and off the fell is via the road thru Lockbank Farm Control 1: Summit Arant Haw GR 662946

Control 2: Summit Castley Knotts GR 642963

Control 3: Stream Junction GR 647997

Control 4: Stream Junction GR 678996

Control 5: Summit The Calf GR 697970

Control 6: Summit Winder GR 654933

Route choice is free but a couple of tips include picking up the contouring path above Carlinggill Beck, sneaking thru' south of Simon's Seat and north of Hazelgill Knott and not climbing Calders.

There is not a lot of water on the latter part of the course so take it on when you can and if as hot as it is today carrying a bottle of water is not a bad idea. Navigation can be tricky in clag so study the map and/or recci.

I do enforce the FRA rules concerning kit requirements so it's no kit no run – please do not ignore this gentle warning – I will check kit and will disqualify runners who cheat by not taking the required kit. Sportident timing will be used for results.

Help needed for Blackshaw Head fell race

The next club-organised race will be on September 2nd, linked to the Blackshawhead village fete. Sarah Glyde is organising this, and is looking for marshals able to help. Sarah has supplied the following information:

Blackshaw Head Fete Fell Race (replaces the Ragley Run - new route for 2006!)

Category BS, 5.5 miles / 900 feet, partially marked

from the Fete Field, Blackshaw Head (GR 959276 on OL sheet 21) at 2pm on Saturday 2nd September 2006, registration from 1pm

£2.50 on day only

over 16s

New route for 2006 includes sections on the Pennine Bridleway, Pennine Way and Calderdale Way. The route starts from near the Fete Field at Blackshaw Head and goes over Standing Stone Hill before returning to the Fete Field on the Pennine and Calderdale Ways.

Please note no junior races for 2006.