

# Grand Prix Information

## The next three races:

### **Saturday May 19<sup>th</sup> Fairfield Horseshoe Fell Race**

9m/3000' (AM)

Start 2.00pm from Rydal Hall, Ambleside. Parking on Ambleside show field (800m from registration) – parking charge £1.

Closing date for pre-entries has expired and no substitutions will be allowed on the day.

An electronic dibber system will be used at all 5 checkpoints and at the finish of the race.

*This race is the next English Championship counter. Described by Ambleside AC as “an excellent fell running course with good climbs and descents with rocky sections in places.”*

*Full kit is obligatory – no exceptions will be made for hot weather.*

#### **Checkpoints:**

1. Nab Scar (GR356072) (north side of wall stile)
2. Great Rigg Man (GR356105) (by small summit cairn)
3. Fairfield Summit (GR358118) (summit cairn)
4. Dove Crag (GR374104) (summit cairn near wall)
5. Gate (GR374056) (a gate near Low Sweden Bridge)

### **Sunday May 27<sup>th</sup> Leyland 10**

Start 11.00am from Worden Park, Leyland

Entry form in this issue.

£5 pre-entry (£7 if entering on day). (V65s and LV60s receive a discount!)

*This is a fast 2-lap 10 miler around country lanes and parkland. All runners receive an “eco friendly prize” – intriguing!*

### **Saturday June 2<sup>nd</sup> Duddon Valley Fell Race**

20m/6000' (AL)

Start 11.00am from the Newfield Inn, Seathwaite, Duddon Valley, Cumbria

Entry form in this issue.

£7 pre-entry by May 25<sup>th</sup>, but enter early as the race is an English and British Championship counter.

An electronic dibber system will be used at all 9 checkpoints and at the finish of the race.

Competitors will also be required to call out their race number at all manned checkpoints.

*Full body cover is obligatory. Runners are advised to carry food. Further details available at [www.duddonvalley.co.uk](http://www.duddonvalley.co.uk)*

#### **Checkpoints:**

Track through Wallabarrow Farm GR220963 and Grassguards Farm GR223981 public footpath through gate GR211993 to:

1. 15m NE of Harter Summit (GR218997) (Cut-off 12.40pm)
2. Hardknott Summitt (GR232024) (Cut-off 13.00)
3. Little Stand Summit (GR250033) (Cut-off 14.00)
4. Three Shires Stone (GR277027) (Cut-off 14.30)
5. Swirl How Summit (GR272005) (Cut-off 15.00)
6. 50m West of Dow Summit (GR261978) (Cut-off 15.40)
7. White Pike Summit (GR248955) (Cut-off 16.15)
8. Caw Summit (GR230944) (Cut-off 16.25)
9. Wall crossing marked by a coloured post, then flagged to finish (GR231953)